



Milk, grain, fruit, vegetables,
meat or meat alternative

LUNCH



Menu subject to change. For any feedback please
contact us directly at menu@luncherasdisi.com

Monday	Tuesday	Wednesday	Thursday	Friday
10/05/2026 Baked Chicken over WG Mac & Cheese Baked Chicken Meatless over WG Mac & Cheese (V) Roasted Cauliflower & Potato Medley Fresh Pears Choice of Milk	10/06/2026 WW Chicken Fajitas w/ Red Peppers WW Chicken Meatless Fajita w/Rd. Pepper(V/VG) Fiesta Flame-Roasted Corn & Black Beans Apples Choice of Milk	10/07/2026 Asian BBQ Turkey Veggie Asian BBQ (V/VG) Vegetable Fried Rice w/ Peas, Gr. Beans & Carrot Fresh Oranges Choice of Milk	10/08/2026 Stuffed Crust Ch. Pizza w/Chk. & Beef Pepperoni Stuffed Crust Pizza w/ Cheese (V) Sweet Potatoes Bananas Choice of Milk	10/09/2026 Roasted Chicken Veggie Chicken (VG) Brown Rice w/ Bl. Beans & Sweet Plantains (V) Fresh Pears Choice of Milk
10/12/2026 NO SCHOOL TODAY	10/13/2026 NO SCHOOL TODAY	10/14/2026 WW Chicken Empanadas Veggie WW Quesadilla (VG) Warm Calabacitas w/ Zucchini & Corn Ranch Dressing (ss) Apples Choice of Milk	10/15/2026 WG Mac & Cheddar(PreK) Steamed Broccoli Fresh Strawberries Choice of Milk	10/16/2026 Crispy Chicken Burger w/American Cheese Vegan Burger (V/VG) Garlic Roasted Potatoes Ketchup (ss) Fresh Cantaloupe Choice of Milk
10/19/2026 Teriyaki Beef Meatballs Teriyaki Veggie Meatballs (V/VG) WG Biscuit Green Beans & Broccoli Diced Peaches Choice of Milk	10/20/2026 Creamy Avocado Chicken Rice Bowl w/Corn & Beans C. Avocado Veggie Rice Bowl w/Corn & Beans (V) Apples Choice of Milk	10/21/2026 Baked Chicken WG Penne Pasta w/ Zucchini Baked Chicken Meatless WG Pasta w/Zuch. (V/VG) Fresh Pears Choice of Milk	10/22/2026 Breaded Chicken Nuggets Veggie Nuggets w/ WG Roll (V/VG) Roasted Sweet Potatoes Ketchup (ss) Fresh Oranges Choice of Milk	10/23/2026 Baked Peruvian-Style Chicken Bites* (PreK) Peruvian Tofu Strips (VG) Steamed Brown Rice Baked Plantains Baked Yuca Fries Fresh Tangerines Choice of Milk
10/26/2026 WG Mini Cheese Ravioli w/ Marinara Sauce (V) Spaghetti & Plant Based Meat Sauce (V/VG) Roasted Eggplant Fresh Tangerines Choice of Milk	10/27/2026 Beef Burger & WG Bun Vegan Burger (V/VG) Roasted Sweet Potatoes Ketchup (ss) Fresh Oranges Choice of Milk	10/28/2026 WG Cheese Pizza Bites (V) Sweet Corn Fresh Pears Choice of Milk	10/29/2026 Turkey Breast & Provolone WW Sandwich Provolone Cheese WW Sandwich (V) Ketchup (ss) Broccoli Florets WG Chat Snack Vanilla Graham Apples Choice of Milk	10/30/2026 NO SCHOOL TODAY

Must serve all five (5) components for a reimbursable meal. 6 oz of Milk . 1.5 oz of Meat or Meat Alternative, % serving of grain, 1/4 cup of vegetables and/or 1/4 cup of fruits. Available Choice of Milk: **Unflavored 1% or skim milk, Lactose Free or Soy (Upon Request).** PreK will always have sliced or finely chopped fruits.

Locally Grown Components Daily Served : According to the season fruits and vegetables locally grown will be added on Breakfast and/or Lunch menu: Apples (PA), Green Beans (DE), Potato (PA), Sweet Potato (NC/PA), Green Peas (NJ), Corn (NJ), Kale (NJ), Collards Green (NJ), Peppers (PA)

Dairy - Free (DF), Gluten Free (GF), Vegan (VG), Vegetarian (V) options available daily upon request.

WG = Whole Grain WW = Whole Wheat