

Spring/Early Fall Cycle- 9-12 Lunch
HHFKA 9-12 (age 14-18)

Menu subject to change. For any questions or comments please contact us directly.

Monday	Tuesday	Wednesday	Thursday	Friday
				<p align="right">03/01/2019</p> <p>Marrakech Chicken Pita w/Gr Peppers & Tomatoes inc. Tomato and Gr Peppers Hummus & Pita Fresh Peaches Choice of Milk</p>
<p align="right">03/04/2019</p> <p>WW Beef Fajitas with Red & Green Peppers Sour Cream (ss) with Sautéed Gr Peppers Pineapple Choice of Milk</p>	<p align="right">03/05/2019</p> <p>Turkey Potato Lasagna WG Biscuit Grape Juice Choice of Milk</p>	<p align="right">03/06/2019</p> <p>Beef Hot Dog** Hummus & Carrots Fresh Green Apples Choice of Milk</p>	<p align="right">03/07/2019</p> <p>Baked Chicken Tenders Creamy Mashed Potatoes Steamed Brown Rice Honey Mustard Sauce (ss) Bananas Choice of Milk</p>	<p align="right">03/08/2019</p> <p>Mac & Cheese Broccoli Fresh Cantaloupe Choice of Milk</p>
<p align="right">03/11/2019</p> <p>Chicken Fajitas with Sauté Peppers Corn & Onions Sour Cream (ss) Fresh Oranges Choice of Milk</p>	<p align="right">03/12/2019</p> <p>BYO - Meatball Hoagie Broccoli Bananas Choice of Milk</p>	<p align="right">03/13/2019</p> <p>Ground Turkey & Rice Seedless Grapes** (Uvas) Choice of Milk</p>	<p align="right">03/14/2019</p> <p>Marrakech Chicken Pita w/Gr Peppers & Tomatoes Hummus & Carrots Fresh Peaches Choice of Milk</p>	<p align="right">03/15/2019</p> <p>Chili Beef Dog** Grape Tomatoes Fresh Green Apples Choice of Milk</p>
<p align="right">03/18/2019</p> <p>Chicken Tender Biscuit Sandwich Roasted Sweet Potatoes Fresh Honeydew Choice of Milk</p>	<p align="right">03/19/2019</p> <p>Hard Shell Turkey Tacos with Shredded Romaine Pico w/ Tomatoes & Onions Corn Tortilla Chips incl. Romaine Lettuce Mixed Fruits Choice of Milk</p>	<p align="right">03/20/2019</p> <p>Teriyaki Beef & Broccoli Steamed Brown Rice Apple Juice Choice of Milk</p>	<p align="right">03/21/2019</p> <p>Cranberry Turkey Chili over Brown Rice Fresh Oranges Choice of Milk</p>	<p align="right">03/22/2019</p> <p>Turkey Meatloaf Mash Potatoes & Cauli WG Biscuit Bananas Choice of Milk</p>
<p align="right">03/25/2019</p> <p>Spaghetti & Meatballs Mixed Fruits Choice of Milk</p>	<p align="right">03/26/2019</p> <p>Chicken Masala Wrap Corn Strawberry Smoothie Choice of Milk</p>	<p align="right">03/27/2019</p> <p>Jerk Chicken & Brown Rice Corn, Onions & Tomatoes Fresh Red Apples Choice of Milk</p>	<p align="right">03/28/2019</p> <p>Chicken Burrito Bowl Fresh Watermelon Choice of Milk</p>	<p align="right">03/29/2019</p> <p>Turkey Plantain Lasagna (Torta de Plátano) Steamed Brown Rice Spring Vegetable Salad Pineapple Choice of Milk</p>

Available Choice of Milk: Unflavored 1% or skim milk, Lactose Free or Soy.

All meals include 1 cup of fruit & 1 cup of vegetables daily.

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

WG = Whole Grain WW = Whole Wheat

**** This item is considered a choking hazard for Pre-K students. Only to be served to students K and up.**

Please reach out to us if you have questions or comments at Luncheras.disi@gmail.com