

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">04/01/2019</p> <p>WW Beef Fajitas with Red & Green Peppers Green Peppers Sour Cream (ss) Mixed Fruits Choice of Milk</p>	<p align="right">04/02/2019</p> <p>Turkey Potato Lasagna WG Biscuit Broccoli Pineapple Choice of Milk</p>	<p align="right">04/03/2019</p> <p>Jerk Chicken & Brown Rice Black Bean Salad Fresh Pears Choice of Milk</p>	<p align="right">04/04/2019</p> <p>Chicken Corn Dog WG Biscuit Hummus & Carrots Fresh Red Apples Choice of Milk</p>	<p align="right">04/05/2019</p> <p>Turkey Sandwich Roasted Cauliflower Mixed Fruits Choice of Milk</p>
<p align="right">04/08/2019</p> <p>Ground Turkey & Rice Fresh Red Apples Choice of Milk</p>	<p align="right">04/09/2019</p> <p>Chicken Fajitas with Sautè Peppers Fresh Pears Choice of Milk</p>	<p align="right">04/10/2019</p> <p>Turkey Tacos Corn, Onions & Tomatoes Shredded Romaine Sour Cream (ss) Pineapple Choice of Milk</p>	<p align="right">04/11/2019</p> <p>Meatball Sub with French Bread Roasted Cauliflower Fresh Oranges Choice of Milk</p>	<p align="right">04/12/2019</p> <p>Chicken Tender Biscuit Sandwich Roasted Sweet Potatoes Fresh Honeydew Choice of Milk</p>
<p align="right">04/15/2019</p> <p align="center">NO SCHOOL TODAY</p>	<p align="right">04/16/2019</p> <p align="center">NO SCHOOL TODAY</p>	<p align="right">04/17/2019</p> <p align="center">NO SCHOOL TODAY</p>	<p align="right">04/18/2019</p> <p align="center">NO SCHOOL TODAY</p>	<p align="right">04/19/2019</p> <p align="center">NO SCHOOL TODAY</p>
<p align="right">04/22/2019</p> <p>Orange Chicken Broccoli Pineapple Choice of Milk</p>	<p align="right">04/23/2019</p> <p>Turkey Plantain Lasagna (Torta de Plátano) Steamed Brown Rice Grape Tomatoes Fresh Pears Choice of Milk</p>	<p align="right">04/24/2019</p> <p>Turkey Mozzarella Burger Sweet Creamy Coleslaw Fresh Cantaloupe Choice of Milk</p>	<p align="right">04/25/2019</p> <p>Chicken Burrito Bowl with Beans and Corn Fresh Watermelon Choice of Milk</p>	<p align="right">04/26/2019</p> <p>Spaghetti & Meatballs Fresh Spinach Orange Juice 1 cup Choice of Milk</p>
<p align="right">04/29/2019</p> <p>Hard Shell Turkey Tacos with Shredded Romaine Corn, Onions & Tomatoes Corn Tortilla Chips Sour Cream (ss) Mixed Fruits Choice of Milk</p>	<p align="right">04/30/2019</p> <p>WW Beef Fajitas with Red & Green Peppers Green Peppers Sour Cream (ss) Fresh Oranges Choice of Milk</p>	<p align="right">05/01/2019</p> <p>Turkey Potato Lasagna WG Biscuit Broccoli Pineapple Choice of Milk</p>	<p align="right">05/02/2019</p> <p>Jerk Chicken & Brown Rice Black Bean Salad Fresh Pears Choice of Milk</p>	<p align="right">05/03/2019</p> <p>Chicken Corn Dog WG Biscuit Hummus & Carrots Fresh Red Apples 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