

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

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

Monday

08/26/2019

Pasta W/Greens & Chicken
(Inc.White Kidney Beans)
Fresh Pears
Choice of Milk

Tuesday

08/27/2019

BYO Turkey Nachos
w/ Romaine & Corn Pico
Fresh Oranges
Sour Cream (ss)
Choice of Milk

Wednesday

08/28/2019

Turkey Baked Spaghetti
topped with Mozzarella
Roasted Cauliflower
Ranch Dip (ss)
Apple Juice
Choice of Milk

Thursday

08/29/2019

Chicken Caesar Wrap
Fresh Carrots
& Cucumber Green Salad
Honey Mustard Sauce (ss)
Go Gurts
Bananas
Choice of Milk

Friday

08/30/2019

Chix Salad with
Spinach & Tomato
WG Biscuit
Fresh Tangerines
Cheese Stick**
Choice of Milk

09/02/2019

NO SCHOOL TODAY

09/03/2019

Turkey Tacos
Pico w/ Tomatoes & Onions
Sour Cream (ss)
Fresh Tangerines
Choice of Milk

09/04/2019

Toasted Cheddar and Turkey
Ham Sandwich
Romaine Salad w/ Cucumber
and Tomatoes
Honey Mustard Sauce (ss)
Mixed Fruits
Choice of Milk

09/05/2019

Italian Pasta Salad w/
Carrot & Turkey Sausage
Grape Tomatoes
Apple Juice
Choice of Milk

09/06/2019

Chicken Corn Dog**
Beans, Corn & Tomato
Fresh Pears
Choice of Milk

09/09/2019

Crisp Vegetable & Pasta
Salad w/ Turkey Ham
WG Biscuit
Bananas
Choice of Milk

09/10/2019

Chicken Fajitas
with Saut. Peppers
Sour Cream (ss)
Fresh Apples
Choice of Milk

09/11/2019

Baked Chicken Tenders
Fiesta Rice Salad
(Incl. Kidney Beans)
Honey Mustard Sauce (ss)
Pineapple
Choice of Milk

09/12/2019

Toasted Cheddar Sandwich
Roasted Potatoes
Mixed Fruits
Choice of Milk

09/13/2019

Pizza inc. Marinara Sauce
w/ Turkey Ham Diced
Spring Salad with
Carrots & Cucumber
Fresh Pears
Choice of Milk

09/16/2019

Crispy Chicken Burger w/
Honey Mustard Aioli
Corn Salad
Ranch Dip (ss)
Fresh Oranges
Choice of Milk

09/17/2019

BYO Mexican Bowl
(inc. Beans,Rice,Romaine)
Pineapple
Choice of Milk

09/18/2019

Egg Salad Sandwich
Roasted Broccoli
and Carrots
Cheese Stick**
Fresh Tangerines
Choice of Milk

09/19/2019

Spaghetti and Turkey Meat
Sauce
Carrots Sticks
Ranch Dip (ss)
Fresh Pears
Choice of Milk

09/20/2019

Chicken Caesar & Croutons
Fruit Puch Juice
Choice of Milk

09/23/2019

Ham and Turkey Wrap
Country Style Potato Salad
Bananas
Choice of Milk

09/24/2019

BYO Turkey Nachos
w/ Romaine & Corn Pico
Sour Cream (ss)
Fruit Puch Juice
Choice of Milk

09/25/2019

Pasta W/Greens & Chicken
(Inc.White Kidney Beans)
Go Gurts
Fresh Tangerines
Choice of Milk

09/26/2019

Turkey Baked Spaghetti
topped with Mozzarella
Carrots
Ranch Dip (ss)
Fresh Apples
Choice of Milk

09/27/2019

Chicken Caesar Wrap
Fresh Carrots
& Cucumber Green Salad
Honey Mustard Sauce (ss)
Fresh Pears
Choice of Milk

09/30/2019

Chix Salad with
Spinach & Tomato
WG Biscuit
Cheese Stick**
Fresh Tangerines
Choice of Milk

10/01/2019

Turkey Tacos
Pico w/ Tomatoes & Onions
Sour Cream (ss)
Orange Juice 1 cup
Choice of Milk

10/02/2019

Pasta Primavera w/Tomato
Broccoli and Turkey Ham
Pineapple
Go Gurts
Choice of Milk

10/03/2019

Toasted Cheddar and Turkey
Ham Sandwich
Beans, Corn & Tomato
Honey Mustard Sauce (ss)
Fresh Pears
Choice of Milk

10/04/2019

Italian Pasta Salad w/
Carrot & Turkey Sausage
Roasted Cauliflower
Ranch Dip (ss)
Mixed Fruits
Choice of Milk

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