

**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**

09/30/2019

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

10/07/2019

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

10/14/2019

NO SCHOOL TODAY

10/21/2019

Chicken Caesar & Croutons  
 Go Gurts  
 Fresh Apples  
 Choice of Milk

**Tuesday**

10/01/2019

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

10/08/2019

Chicken Fajitas with SautL Peppers  
 Sour Cream (ss)  
 Strawberries  
 Choice of Milk

10/15/2019

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

10/22/2019

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

**Wednesday**

10/02/2019

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

10/09/2019

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

10/16/2019

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

10/23/2019

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

**Thursday**

10/03/2019

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

10/10/2019

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

10/17/2019

Egg Salad Sandwich  
 Roasted Broccoli and Carrots  
 Cheese Stick\*\*  
 Strawberries  
 Choice of Milk

10/24/2019

Ham and Turkey Wrap  
 Country Style Potato Salad  
 Fruit Puch Juice  
 Choice of Milk

**Friday**

10/04/2019

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

10/11/2019

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

10/18/2019

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

10/25/2019

Turkey Baked Spaghetti topped with Mozzarella  
 Roasted Cauliflower & Carrots  
 Ranch Dip (ss)  
 Fresh Oranges  
 Choice of Milk

10/28/2019

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

10/29/2019

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

10/30/2019

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

10/31/2019

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

11/01/2019

Toasted Cheddar and Turkey  
Ham Sandwich  
Beans, Corn & Tomato  
Honey Mustard Sauce (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**

**Please reach out to us if you have questions or comments at [Luncheras.disi@gmail.com](mailto:Luncheras.disi@gmail.com)**