



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
<p>02/03/2025</p> <p>Spanish B. Rice w/Chicken Kidney Beans & Tomato B.Rice w/Chicken Meatless Kidney Bean & Tomato V/VG Fresh Tangerines Choice of Milk</p>	<p>02/04/2025</p> <p>Tk. Breast Strips w/Gravy w/Mashed Potato & Biscuit Meatless Strips w/Gravy, Mashed Potato & Biscuit Fresh Oranges Choice of Milk</p>	<p>02/05/2025</p> <p>Jerk Chicken & Brown Rice Jerk Chicken Meatless & Brown Rice (V/VG) Sautøed Collards Green Grape Juice Choice of Milk</p>	<p>02/06/2025</p> <p>Chipotle BBQ Pulled Chicken WG Slider Chipotle BBQ Meatless WG Slider (V/VG) Sweet Creamy Coleslaw Apples Choice of Milk</p>	<p>02/07/2025</p> <p>WG Caprese Pasta (V) Bananas Choice of Milk</p>
<p>02/10/2025</p> <p>Golden Crispy Chicken Tenders WG Roll Breaded Veggie Tender w/ WG Roll (V/VG) Roasted Sweet Potatoes Ketchup (ss) Fresh Pears Choice of Milk</p>	<p>02/11/2025</p> <p>Turkey Meatballs w/ Brown Rice & Bk. Beans Veggie Meatballs w/ Brown Rice & Beans (V/VG) Apples Choice of Milk</p>	<p>02/12/2025</p> <p>Turkey Sloppy Joe on a WG Bun Veggie Sloppy Joe on a WG Bun (V/VG) Kale Salad w/ Cucumber & Tomatoes (V/VG) Bananas Choice of Milk</p>	<p>02/13/2025</p> <p>Cheese Lunch Pizza w/ Chicken & Beef Pepperoni Cheese Lunch Pizza (V) Roasted Potatoes & Cauliflower Medley Cranberry Juice Choice of Milk</p>	<p>02/14/2025</p> <p>NO SCHOOL TODAY</p>
<p>02/17/2025</p> <p>NO SCHOOL TODAY</p>	<p>02/18/2025</p> <p>Orange Chicken Orange Meatless Chicken Fried Brown Rice w/ Corn, Peas & Carrots Fruit Punch Juice Choice of Milk</p>	<p>02/19/2025</p> <p>WG Chicken & Cheese Burrito Veggie WG Burrito (V/VG) Roasted Sweet Potato & Cauliflower Medley Apples Choice of Milk</p>	<p>02/20/2025</p> <p>Chili Turkey Hot Dog** on a WG Bun Chili Veggie Hot Dog (VG) Ketchup (ss) Fresh Strawberries Choice of Milk</p>	<p>02/21/2025</p> <p>Breaded Chicken Nuggets Veggie Nuggets w/ WG Roll (V/VG) Collards Green & Tomato Salad BBQ Sauce (ss) Bananas Choice of Milk</p>
<p>02/24/2025</p> <p>Chicken Stroganoff Pasta w/Pepper,Carrot & Zuchin. Veggie Stroganoff Pasta-V Orange Pineapple Juice Choice of Milk</p>	<p>02/25/2025</p> <p>Chicken & Vegetable WW Dumplings Grilled Chicken Meatless over Brown Rice (V/VG) Soy Sauce Light (ss) Roasted Sweet Potatoes & Green Beans Bananas Choice of Milk</p>	<p>02/26/2025</p> <p>WG Italian Sub w/ T. Ham T. Salami & T. Pepperoni WG Sub w/Plant Based Ham & Bacon (V) Roasted Broccoli Ranch Dressing (ss) Apples Choice of Milk</p>	<p>02/27/2025</p> <p>Turkey Shepherd's Pie w/ Mashed Potato & Carrot Meatless Shepherd's Pie-V Steamed Brown Rice Fresh Pears Choice of Milk</p>	<p>02/28/2025</p> <p>Crispy Chicken Burger Chicken Meatless Burger (V/VG) Kale & Mixed Beans Salad Ketchup (ss) Fresh Oranges Choice of Milk</p>

Available Choice of Milk: Unflavored 1% milk, unflavored skim milk, Lactose Free or Soy (Upon Request)

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/WV), Carrots (MD, PA), Sweet Potatoes (NC), Collards Green (NJ), Potatoes (PA/VA), Zucchini (PA/NC), Kale (NJ) Carrots (PA), Mushrooms (PA).

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

WG = Whole Grain WW = Whole Wheat **=Served only for K to 8 meals