



Monday	Tuesday	Wednesday	Thursday	Friday
<p>10/02/2023</p> <p>Chinese Chicken Fried Rice w/Corn,Peas, G Beans Chicken Meatless Fried Rice w/Corn,Peas, G Beans Fresh Tangerines Choice of Milk</p>	<p>10/03/2023</p> <p>Garlic Chicken WG Pasta w/ Kale, Squash & Carrots Chicken Meatless WG Pasta w/Kale,Squash & Carrot(V) Bananas Choice of Milk</p>	<p>10/04/2023</p> <p>Tk. Breast & Cheese Sand. w/Spinach & Mushroom Veggie & Cheese WW Sand. w/Spinach & Mushrooms Black Beans w/ Tomato & Corn Salad Fresh Pears Choice of Milk</p>	<p>10/05/2023</p> <p>NO SCHOOL TODAY</p>	<p>10/06/2023</p> <p>NO SCHOOL TODAY</p>
<p>10/09/2023</p> <p>NO SCHOOL TODAY</p>	<p>10/10/2023</p> <p>Breaded Chicken Nuggets Vegan Chicken Nuggets WG Roll Roasted Potatoes & Broccoli Medley Ketchup (ss) Apples Choice of Milk</p>	<p>10/11/2023</p> <p>Spanish B. Rice w/Chicken Kidney Beans & Tomato B.Rice w/Chicken Meatless Kidney Bean & Tomato V/VG Bananas Choice of Milk</p>	<p>10/12/2023</p> <p>WW Turkey Wraps w/ Corn, Tomato & Lettuce WW Veggie Wrap w/Corn Tomato & Lettuce (V) Diced Peaches Choice of Milk</p>	<p>10/13/2023</p> <p>Cheese Beef Burger & WG Bun Vegan Burger (V/VG) Sweet Creamy Coleslaw Ketchup (ss) Orange Juice Choice of Milk</p>
<p>10/16/2023</p> <p>Lime Chicken Black Beans & Br. Rice Lime Chicken Meatless w/ Bk. Bean & Br. Rice(V/VG) Fresh Pears Choice of Milk</p>	<p>10/17/2023</p> <p>Italian Tk. Sausage w/ Zucchini,Potato & Carrot Veggie Italian Crumble w/ Zucchini,Potato & Carrot Steamed Brown Rice Fresh Oranges Choice of Milk</p>	<p>10/18/2023</p> <p>WW Pizza Sandwich w/ Ck.& Beef Pepperoni WW Pizza Cheese Sandwich (V) Kale Salad w/Broccoli & Cheddar Cheese Fruit Punch Juice Choice of Milk</p>	<p>10/19/2023</p> <p>Baked Chicken WG Penne Pasta w/ Eggplant Baked Chicken Meatless WG Pasta w/Eggplant (VG) Bananas Choice of Milk</p>	<p>10/20/2023</p> <p>WG Caprese Pasta (V) Apples Choice of Milk</p>
<p>10/23/2023</p> <p>WG Spaghetti & Turkey Meat Sauce Spaghetti & Plant Based Meat Sauce (V/VG) Apples Choice of Milk</p>	<p>10/24/2023</p> <p>Crunchy Chicken WG Wrap w/Bufalo & Ranch Dress. Crunchy Veggie WG Wrap w/Bufalo & Ranch Dress. Green Beans & Corn Medley Fresh Pears Choice of Milk</p>	<p>10/25/2023</p> <p>Grilled Chicken over Brown Rice Grilled Chicken Meatless over Brown Rice Tomato-Garlic Lentils Bowls (V) Mixed Tropical Fruit Choice of Milk</p>	<p>10/26/2023</p> <p>Strawberry & Mix Greens Salad w/Chicken & Feta C. Strawberry & Mix Greens Salad w/Meatless Chicken WG Biscuit Bananas Choice of Milk</p>	<p>10/27/2023</p> <p>BYO Turkey Nachos WG w/ Romaine & Corn Pico BYO Meatless Nachos WG w/Rom. & Corn Pico (V) Sour Cream (ss) Cranberry Juice Choice of Milk</p>

10/30/2023

Turkey Taco Rice w/Corn,
Red & Gr. Peppers
Meatless Taco Rice w/Corn
Red & Gr. Peppers (V/VG)
Fresh Tangerines
Choice of Milk

10/31/2023

Tk. Breast & Cheese Sand.
w/Spinach & Mushroom
Veggie & Cheese WW Sand.
w/Spinach & Mushrooms
Potato Tater Tots
Ranch Dressing (ss)
Bananas
Choice of Milk

11/01/2023

Garlic Chicken WG Pasta
w/ Kale, Squash & Carrots
Chicken Meatless WG Pasta
w/Kale,Squash & Carrot(V)
Fresh Pears
Choice of Milk

11/02/2023

Great Garden Stew w/
Squash, Corn & K.Beans
Meatless Stew w/Squash
Corn & Beans (V/VG)
Steamed Brown Rice
Apples
Choice of Milk

11/03/2023

Cheese Lunch Pizza w/
Chicken & Beef Pepperoni
WG Cheese Pizza (V)
Sauted Green Collards
Grape Juice
Choice of Milk

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

**** Denotes meals only for K to 8th**

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/VA), Broccoli (PA/MD), Tomatoes (PA/ MD), Sweet Potatoes (PA/MD), Cauliflower (PA/MD), Peppers (PA/VA), Celery (PA), Lettuce (PA), Zucchini (MD), Squash (PA/MD), Green Beans (MD), Cucumbers (MD), Kale (MD), Mushrooms (PA), Cabbage (PA/VA/MD), Potato (PA/MD), Collards Green (MD), Eggplant (MD)

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 menu@luncherasdisi.com

Sep 17, 2023