



Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;">11/06/2023</p> <p>WG Penne Pasta & Beef Meatballs WG Penne Pasta & Veggie Meatballs (V/VG) Fresh Pears Choice of Milk</p>	<p style="text-align: right;">11/07/2023</p> <p>NO SCHOOL TODAY</p>	<p style="text-align: right;">11/08/2023</p> <p>Breaded Chicken Nuggets Vegan Chicken Nuggets WG Biscuit BBQ Sauce (ss) Roasted Potatoes, Broccoli & Cauliflower Apples Choice of Milk</p>	<p style="text-align: right;">11/09/2023</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 style="text-align: right;">11/10/2023</p> <p>NO SCHOOL TODAY</p>
<p style="text-align: right;">11/13/2023</p> <p>Lime Chicken Black Beans & Br. Rice Lime Chicken Meatless w/ Bk. Bean & Br. Rice(V/VG) Fresh Tangerines Choice of Milk</p>	<p style="text-align: right;">11/14/2023</p> <p>Turkey Meatballs WG Sub. w/Cheese Veggie Meatballs WG Submarine (V/VG) Sauted Green Collards Fresh Pears Choice of Milk</p>	<p style="text-align: right;">11/15/2023</p> <p>Italian Tk. Sausage w/ Zucchini,Potato & Carrot Veggie Italian Crumble w/ Zucchini,Potato & Carrot Steamed Brown Rice Cranberry Juice Choice of Milk</p>	<p style="text-align: right;">11/16/2023</p> <p>Carved Turkey Carved Meatless Turkey(VG) Fresh Green Beans Sweet Potatoes WG Biscuit Pumpkin Pie Apples Choice of Milk</p>	<p style="text-align: right;">11/17/2023</p> <p>Cheese Beef Burger & WG Bun Vegan Burger (V/VG) Sweet Creamy Coleslaw Ketchup (ss) Bananas Choice of Milk</p>
<p style="text-align: right;">11/20/2023</p> <p>WG Spaghetti & Turkey Meat Sauce Spaghetti & Plant Based Meat Sauce (V/VG) Apples Choice of Milk</p>	<p style="text-align: right;">11/21/2023</p> <p>WG Cheese Pizza (V) Sweet Corn Fruit Punch Juice Choice of Milk</p>	<p style="text-align: right;">11/22/2023</p> <p>NO SCHOOL TODAY</p>	<p style="text-align: right;">11/23/2023</p> <p>NO SCHOOL TODAY</p>	<p style="text-align: right;">11/24/2023</p> <p>NO SCHOOL TODAY</p>
<p style="text-align: right;">11/27/2023</p> <p>WG Caprese Pasta (V) Apples Choice of Milk</p>	<p style="text-align: right;">11/28/2023</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 style="text-align: right;">11/29/2023</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 style="text-align: right;">11/30/2023</p> <p>Strawberry & Mix Greens Salad w/Chicken & Feta C. Strawberry & Mix Greens Salad w/Meatless Chicken WG Roll Cranberry Juice Choice of Milk</p>	<p style="text-align: right;">12/01/2023</p> <p>BYO Turkey Nachos WG w/ Romaine & Corn Pico BYO Meatless Nachos WG w/Rom. & Corn Pico (V) Sour Cream (ss) Bananas Choice of Milk</p>

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 (VA), Tomatoes (PA), Cauliflower (PA/MD), Peppers (VA), Lettuce (PA), Zucchini (Squash Winter)(MD), Green Beans (MD), Cabbage (VA), Potato (PA/MD), Collards Green (MD), Carrots(VA).

**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

Oct 23, 2023