



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
12/01/2025 One-Pan Turkey WG Macaroni & Cheese Veggie Macaroni (V) Fresh Spinach Salad Cranberry Juice Choice of Milk	12/02/2025 WW Chicken Fajitas w/Green Peppers Ck. Meatless Fajita(V/VG) Corn Pico de Gallo Sour Cream (ss) Fresh Oranges Choice of Milk	12/03/2025 Turkey Breast & Provolone Cheese WW Sandwich Provolone WW Sand. (V) Kale Salad w/ Cucumber & Tomatoes (V/VG) Bananas Choice of Milk	12/04/2025 Cranberry Turkey Chili over Brown Rice Cranberry Plant Based Chili & Brown Rice (V/VG) Fresh Pears Choice of Milk	12/05/2025 Golden Crispy Chicken Tenders WG Roll Breaded Veggie Tender w/ WG Roll (V/VG) Potato Tater Tots Steamed Carrots Ketchup (ss) Apples Choice of Milk
12/08/2025 Turkey Meatballs w/ Brown Rice & Bk. Beans Veggie Meatballs w/ Brown Rice & Beans (V/VG) Apples Choice of Milk	12/09/2025 WG Breaded Mozzarella St. Marinara Sauce (ss) Roasted Sweet Potatoes & Cauliflower Fresh Tangerines Choice of Milk	12/10/2025 Chicken & Tk. Bacon WG Pasta w/Tomato & Spinach Chicken Meatless WG Pasta w/Tomato & Spinach(V) Fresh Pears Choice of Milk	12/11/2025 Cheese Beef Burger & WG Bun Vegan Burger (V/VG) Roasted Potatoes & Broccoli Medley Ketchup (ss) Fruit Punch Juice Choice of Milk	12/12/2025 Turkey Taco Rice w/Corn Red & Gr. Peppers Meatless Taco Rice w/Corn Red & Gr. Peppers (V/VG) Bananas Choice of Milk
12/15/2025 WG Spaghetti & Beef Meatballs WG Spaghetti & Veggie Meatballs Apples Choice of Milk	12/16/2025 Turkey Hot Dog & Vegetable Chili Grilled Cheese Sand. (V)* Roasted Cauliflower Fresh Pears Choice of Milk	12/17/2025 Fiesta Brown Rice Chicken w/ Corn, G. Peas & Carrot Br. Rice Chicken Meatless Corn,G. Peas &Carrot(V/VG) Bananas Choice of Milk	12/18/2025 Chicken Philly Sub w/ Green Peppers Veggie Philly Sub (V/VG) Garlic Roasted Potatoes Grape Juice Choice of Milk	12/19/2025 WG Cheese Pizza (V) Kale Salad w/ Cucumber & Tomatoes (V/VG) Fresh Tangerines Choice of Milk
12/22/2025 NO SCHOOL TODAY	12/23/2025 NO SCHOOL TODAY	12/24/2025 NO SCHOOL TODAY	12/25/2025 NO SCHOOL TODAY	12/26/2025 NO SCHOOL TODAY
12/29/2025 NO SCHOOL TODAY	12/30/2025 NO SCHOOL TODAY	12/31/2025 NO SCHOOL TODAY	01/01/2026 NO SCHOOL TODAY	01/02/2026 NO SCHOOL TODAY

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, NC), Sweet Potatoes (NC), Collards Green (NJ), Potatoes (PA/VA), Spinach (NC, VA, MD, VA), Cauliflower (VA), Cucumber (MD)

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