



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>01/05/2026</p> <p>WG Caprese Pasta (V) Diced Peaches Choice of Milk</p>	<p>01/06/2026</p> <p>Cheese Beef Burger & WG Bun Vegan Burger (V/VG) Roasted Potatoes & Broccoli Medley Ketchup (ss) Mayo Light (ss) Fresh Apples Choice of Milk</p>	<p>01/07/2026</p> <p>Turkey Meatballs w/ Brown Rice & Bk. Beans Veggie Meatballs w/ Brown Rice & Beans (V/VG) Bananas Choice of Milk</p>	<p>01/08/2026</p> <p>Chicken & Tk. Bacon WG Pasta w/Tomato & Spinach Chicken Meatless WG Pasta w/Tomato & Spinach(V) Fresh Tangerines Choice of Milk</p>	<p>01/09/2026</p> <p>Golden Crispy Chicken Tenders WG Roll Breaded Veggie Tender w/ WG Roll (V/VG) Roasted Sweet Potatoes & Cauliflower Ketchup (ss) Grape Juice Choice of Milk</p>
<p>01/12/2026</p> <p>Turkey Taco Rice w/Corn Red & Gr. Peppers Meatless Taco Rice w/Corn Red & Gr. Peppers (V/VG) Sour Cream (ss) Apples Choice of Milk</p>	<p>01/13/2026</p> <p>Stuffed Crust Pizza w/ Cheese (V) Balela Salad w/ Garbanzo, Tomato & Cucumber Fresh Oranges Choice of Milk</p>	<p>01/14/2026</p> <p>WG Spaghetti & Beef Meatballs WG Spaghetti & Veggie Meatballs Fresh Pears Choice of Milk</p>	<p>01/15/2026</p> <p>Fiesta Brown Rice Chicken w/ Corn, G. Peas & Carrot Br. Rice Chicken Meatless Corn,G. Peas &Carrot(V/VG) Bananas Choice of Milk</p>	<p>01/16/2026</p> <p>WG Breaded Mozzarella St. Marinara Sauce (ss) Honey Garlic Broccoli & Cauliflower Fruit Punch Juice Choice of Milk</p>
<p>01/19/2026</p> <p>NO SCHOOL TODAY</p>	<p>01/20/2026</p> <p>WG Cheese Pizza (V) Roasted Potatoes Bananas Choice of Milk</p>	<p>01/21/2026</p> <p>WG Pasta Carbonara w/ Turkey Bacon WG Pasta Carbonara w/ Meatless Bacon (V) Vanilla Winter Squash (V) Orange Juice Choice of Milk</p>	<p>01/22/2026</p> <p>Enchilada Brown Rice w/ Bk. Beans & Gr. Peppers-V Apples Choice of Milk</p>	<p>01/23/2026</p> <p>Breaded Chicken Nuggets Veggie Nuggets w/ WG Roll (V/VG) Roasted Sweet Potatoes & Broccoli Medley Ketchup (ss) Fresh Tangerines Choice of Milk</p>
<p>01/26/2026</p> <p>Corn Dog Chicken Mini WG Grilled Cheese Sand. (V)* Sweet Potatoes & Kale Salad Ketchup (ss) Grape Juice Choice of Milk</p>	<p>01/27/2026</p> <p>Turkey Meatballs WG Sub. w/Cheese Veggie Meatballs WG Submarine (V/VG) Sauteed Green Collards Fresh Tangerines Choice of Milk</p>	<p>01/28/2026</p> <p>WW Chicken Fajitas w/Green Peppers Ck. Meatless Fajita(V/VG) Corn Pico de Gallo Sour Cream (ss) Apples Choice of Milk</p>	<p>01/29/2026</p> <p>Turkey Breast & Provolone Cheese WW Sandwich Provolone WW Sand. (V) Garlic Roasted Potatoes Bananas Choice of Milk</p>	<p>01/30/2026</p> <p>Turkey Chili over Brown Rice Plant Based Chili & Brown Rice (V/VG) Fresh Pears 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), Winter Squash (PA/NC), Kale (NJ) Carrots (PA), Mushrooms (PA), Collards Green (NC), 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