

HANDCUT FOODS

KIDS' LUNCH MENU

MAIN MENU

ALL MEALS INCLUDE OPTIONAL REDUCED-FAT MILK

MONDAY

Kids' Roasted Chicken or Roasted Tofu (S) w/Honey Mustard (on the side), Roasted Sweet Potatoes, Sweet Corn & Peas

TUESDAY

Kids' Steak or Plant-Based Lentil & Pepita Tacos on Flour Tortillas (G,W) w/Roasted Zucchini, Rice & Shredded Cheese (M) (on the side)

WEDNESDAY

Kids' Panko Chicken Tenders (E,G,W) or Panko Tofu Tenders (E,G,S,W) w/Sauteed Penne Pasta (G,W) & Roasted Carrots

THURSDAY

Kids' Chicken Shawarma or Falafel (Contains Chickpeas) with Lemon Rice, Roasted Cauliflower, Pita (G,S,W) & Sesame-Free Hummus (Contains Chickpeas)

FRIDAY

Kids' Hamburger or Veggie Burger (E, Bun: G,W) on Classic Bun* (G,W) w/Roasted Red Potatoes, *gluten-free bun (E) available Pickles & Vegetable Medley (E,M,S)
Meal includes ketchup, mustard & mayo (E,S) extra

DAILY DESSERT

MONDAY: Banana Bread (E,G,M,S,W)

TUESDAY Gourmet Brownie (E,G,M,W,S)

WEDNESDAY Orange Cake Bar (G,M,S,W)

THURSDAY Granola Bar* (G,M,S,W)
*contains pepita seeds

FRIDAY Chocolate Zucchini Cake (E,G,S,W)

Dessert swaps are available daily: whole fruit or enjoy life products (free from gluten, wheat, peanuts, tree nuts, dairy, casein, soy, egg, sesame, sulfites, lupin, mustard, fish, shellfish or crustaceans)

ALTERNATIVES

MONDAY

Pasta of the Day: Kids' Chicken Sausage Crumbled or Plant-Based Sausage Crumbled (G,W,S) & Sweet Peppers w/Penne Marinara (G,W)

TUESDAY

Pasta of the Day: Kids' Cavatappi Pasta (G,W) w/Beef or Plant-Based Ragu (G,W,S), Roasted Green Beans & Parmesan Cheese (M) (on the side)

WEDNESDAY

Pasta of the Day: Kids' Cold Asian Noodle Salad w/Grilled Chicken or Roasted Tofu (S) Rice Noodles, Broccoli & Sunbutter Sauce (SF,S)

THURSDAY

Pasta of the Day: Kids' Baked Mac n' Cheese (G,M,W) w/Optional Diced Turkey & Edamame (S)

FRIDAY

Pasta of the Day: Kids' Bow-Tie Pasta (G,W) w/Grilled Chicken or Roasted Tofu (S) & Primavera Veggies

Pasta option rotates daily based on a weekly menu.
Daily dessert included.

AVAILABLE EVERY DAY

Turkey & Cheddar (G,M,W) Sandwich
*turkey-only or cheddar-only sandwiches available

Sunbutter & Jelly (G,W) Sandwich
*sunbutter-only sandwiches available

All sandwich meals include chips, fruit & daily dessert*

All sandwich meals available gluten-free (GF bread contains egg)

Kids' Gluten-Free, Egg-Free, Soy-Free Kids' Meal
includes Sliced Turkey (increased portion), Potato Chips & Fruit

*Allergen Labeling Key: Egg, Gluten, Milk, Soy, SunFlower Seeds, Wheat

*Our kitchen is nut-aware, which means we do not work with nuts or ingredients produced in facilities that use nuts. For other top 8 allergens and known community allergens, we follow best practices to avoid cross contamination during production. Kids' menus are free from fish, shellfish, pork and sesame.

Questions? Contact us at handcutfoods.com