

# HANDCUT FOODS

## KIDS' LUNCH MENU

MAY 10 - 14

### MAIN MENU

**\*ALL MEALS INCLUDE OPTIONAL REDUCED-FAT MILK\***

#### MONDAY

Kids' BBQ Chicken Drumsticks or BBQ Tofu (S) w/Fresh Peas & Cornbread (E,G,M,W)

#### TUESDAY

Kids' Beef or Bean Nachos w/Corn Tortilla Chips, Cheese Sauce (M) (on the side) & Roasted Zucchini

#### WEDNESDAY

Kids' Roasted Chicken or Baked Tofu (S) w/Penne Pasta, Roasted Green Beans & Pesto (Contains Pepita Seeds) (on the side)

#### THURSDAY

Soy Ginger Glazed Chicken Meatballs (S) or Soy Ginger Glazed Tofu (S) w/Jasmine Rice & Roasted Broccoli

#### FRIDAY

Kids' Beef Hot Dog or Plant-Based Hot Dog (S) on Classic Bun\* (G,W)

**\*Warning\***

**To prevent choking, hot dogs must be sliced lengthwise when serving to kids younger than age 5**

w/Roasted Potatoes & Vegetable Medley  
Meal includes ketchup & mustard

\*gluten-free bun (E) available

### 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,SF) 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](http://handcutfoods.com)**