

# HANDCUT FOODS

## KIDS' LUNCH MENU

### MAIN MENU

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

#### MONDAY

Kids' BBQ Chicken or BBQ Jackfruit Sandwich on Classic Bun (G,W) w/ Roasted Corn & Baked Beans

*\*Available to order without bun*

#### TUESDAY

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

#### WEDNESDAY

Kids' Cheddar Cheese Frittata (E,M) with Turkey Sausage or Vegan "Sausage" (G,W,S) with Mini Bagel (G,W), & Homemade Berry jam

#### THURSDAY

Kids' Chicken Teriyaki (S) or Tofu Teriyaki (S) w/ Steamed Jasmine Rice & Roasted Broccoli

#### FRIDAY

Kids' Cheese Pizza (G,M,W)  
w/ Steamed Edamame (S) & Roasted Vegetable Medley

### DAILY DESSERT

**MONDAY** Blueberry Coffee Cake (E,G,M,S,W)

**TUESDAY** Blondie (E,G,M,W,S)

**WEDNESDAY** Chocolate Banana Cake (E,G,M,S,W)

**THURSDAY** Lemon Cake Bar (E,G,M,S,W)

**FRIDAY** Buttermilk Pound Cake (E,G,M,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](http://handcutfoods.com)