

# HANDCUT FOODS

## LUNCH MENU

MAY 3 - 7

### MAIN MENU

#### MONDAY

BBQ Pulled Pork or BBQ Jackfruit Sandwich on Classic Bun  
(G,W) w/Roasted Corn & Baked Beans

#### TUESDAY

Chicken Tinga & Cheese Quesadilla (G,M,W,S) or Roasted  
Pepper & Cheese Quesadilla on Flour Tortilla (G,M,W,S)  
w/Refried Beans, Mexican-Style Rice & Roasted Rainbow  
Salsa

#### WEDNESDAY

Baked Beef & Cheese Mostaccioli (G,M,W) or  
Baked Cheese Mostaccioli w/Plant-Based Ragu (G,M,S,W) &  
Steamed Green Beans

#### THURSDAY

Chicken Teriyaki (S) or Tofu Teriyaki (S)  
with Steamed Jasmine Rice & Roasted Broccoli

#### FRIDAY

Supreme Pizza w/Chicken Sausage  
(G,M,W, Contains Mushrooms) or  
Pepperoni Pizza (G,M,P,W) or Cheese Pizza (G,M,W)  
& 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 is included with each meal. 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)*

#### AVAILABLE EVERY DAY

*All sandwich/salad meals include vegan quinoa side salad, chips, whole fruit & daily dessert.*

**Daily Pizza Meal:** Pepperoni Pizza (G,M,P,W) or Cheese Pizza (G,M,W) with Roasted Broccoli

**Vegan Wrap:** Flour Tortilla (G,W) with Sesame-Free Hummus (Contains Chickpeas) and Garden Veggies

**Vegan Entree Salad of the Week:** Vegan Taco Salad w/Cilantro Lime Dressing (Contains Lentils, Pepita Seeds and Corn)

**Sunbutter or Sunbutter & Jelly Sandwich Kit**  
on Whole Wheat Baguette (G,W,SF)

**Turkey or Turkey & Cheese Sandwich Meal**  
on Whole Wheat Baguette (G/W,M)

### ALTERNATIVES

*Sandwich, Pasta & Entree Salad options rotate daily based on a weekly menu. Gluten-free sandwich options available.*

**\*Gluten-free sandwich options always contain egg**

#### MONDAY

**Sandwich of the Day:** Ham & Swiss Sandwich (G,M,P,W)

**Salad of the Day:** Southwest Chicken Salad w/Chipotle Lime Dressing (E,M,S)

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

#### TUESDAY

**Sandwich of the Day:** Southwest Chicken Wrap (E,G,M,S,W)

**Salad of the Day:** Chopped Salad (G,M,P,W) w/Red Wine Vinaigrette

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

#### WEDNESDAY

**Sandwich of the Day:** Roast Beef w/Cheddar Cheese (M), Pickled Red Onion, Horseradish Aioli (E,S) & Baby Arugula on a Kaiser Roll (G,W)

**Salad of the Day:** Cobb Salad (E,M) w/Red Wine Vinaigrette

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

#### THURSDAY

**Sandwich of the Day:** Grilled Eggplant w/Sesame-Free Hummus (Contains Chickpeas), Feta (M) On Wheat Wrap (G,W)

**Salad of the Day:** Chicken Caesar Salad (G,M,W Dressing Contains: E,M,S)

**Pasta of the Day:** Baked Mac n' Cheese (G,M,W) w/Optional Bacon Panko Crisp Topping (G,P,W) & Edamame (S)

#### FRIDAY

**Sandwich of the Day:** Turkey w/ Cheddar Cheese (M) Green Leaf Lettuce, Red Onion & Pesto Mayo (E,S, Contains Pepita Seeds) on Flour Wrap (G,W)

**Salad of the Day:** Roasted Beet & Quinoa Salad w/Citrus Vinaigrette (M, SF)

**Pasta of the Day:** Pasta Primavera (G,W) w/Grilled Chicken or Roasted Tofu (S), Veggies, Garlic & Olive Oil

#### \*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)

# HANDCUT FOODS

## KIDS' LUNCH MENU

MAY 3 - 7

### 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

#### TUESDAY

Kids' Cheese Quesadilla on Flour Tortilla (G,M,W) w/ Diced Chicken or Refried Beans, Rice & Roasted Rainbow Salsa

#### WEDNESDAY

Kids' Baked Beef & Cheese Mostaccioli (G,M,W) or Baked Cheese Mostaccioli w/Plant-Based Ragu (G,M,S,W) & Steamed Green Beans

#### THURSDAY

Kids' Chicken Teriyaki (S) or Tofu Teriyaki (S) with 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:** 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

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## LATIN SNACK

### LOWER SCHOOL

#### MONDAY

##### GOLDFISH CRACKERS

CONTAINS: MILK, GLUTEN, WHEAT, SUNFLOWER OIL

Fruit of the day: Clementines

#### TUESDAY

##### ANIMAL CRACKERS

CONTAIN: GLUTEN, WHEAT, SOY

Fruit of the day: Apples

#### WEDNESDAY

##### PRETZELS

CONTAINS: WHEAT, GLUTEN

Fruit of the day: Bananas

#### THURSDAY

##### GRAHAM CRACKERS

CONTAINS: GLUTEN, WHEAT

MAY CONTAIN:: MILK, SOY

Fruit of the day: Clementines

#### FRIDAY

##### CHEERIOS

CONTAINS: OATS

Fruit of the day: Apples

**SUNBUTTER + JELLY SANDWICHES (G,W,SF)**  
**AVAILABLE DAILY TO JK-4TH STUDENTS**

#### ALLERGEN ALTERNATIVES

*\*available daily for those who require substitutions*

##### VEGGIE STRAWS

##### FRUIT SNACKS

##### WHOLE FRUIT IN THE PEEL

ROTATION BETWEEN BANANAS, APPLES,  
CLEMENTINES

##### RAISINS

##### POTATO CHIPS

### MIDDLE SCHOOL

#### MONDAY

##### GOLDFISH CRACKERS

CONTAINS: MILK, GLUTEN, WHEAT, SUNFLOWER OIL

Fruit of the day: Clementines

#### TUESDAY

##### ANIMAL CRACKERS

CONTAIN: GLUTEN, WHEAT, SOY

Fruit of the day: Apples

#### WEDNESDAY

##### PRETZELS

CONTAINS: WHEAT, GLUTEN

Fruit of the day: Bananas

#### THURSDAY

##### GRAHAM CRACKERS

CONTAINS: GLUTEN, WHEAT

MAY CONTAIN:: MILK, SOY

Fruit of the day: Clementines

#### FRIDAY

##### FRUIT SNACKS

Fruit of the day: Apples

#### ALLERGEN ALTERNATIVES

*\*available daily for those who require substitutions*

##### VEGGIE STRAWS

##### FRUIT SNACKS

##### WHOLE FRUIT IN THE PEEL

ROTATION BETWEEN BANANAS, APPLES,  
CLEMENTINES

##### RAISINS

##### POTATO CHIPS

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

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6	MS/US	<p>PORTION NOTES:  3/4 cup (6 oz) bbq pulled pork or  3/4 cup (6oz) bbq jackfruit  <i>*for meals w/no bun increase jackfruit and pulled pork to 1 cup (8 oz)</i>  1 ea classic bun  2/3 cup (4 oz) roasted corn  1/2 cup (4 fl/oz) baked beans</p>
6	LS	<p>PORTION NOTES:  1/2 cup (3oz) bbq pulled chicken or  1/2 cup (4 oz) bbq jackfruit  <i>*for meals w/out bun, increase chicken and jackfruit to 3/4 cup (5 oz chicken : 6 oz jackfruit)</i>  1/3 cup (2 oz) roasted corn  1/4 cup (2 fl/oz) baked beans  1 classic bun</p>
7	MS/US	<p>PORTION NOTES:  1 EA Quesadilla [Chicken Tinga or Roasted Pepper &amp; Cheese] - cut in 1/3's  1/2 cup (4oz) Mexican rice  1/2 cup (4oz) Refried beans  1/2 cup (4oz) roasted rainbow salsa</p>
7	LS	<p>PORTION NOTES:  1 x cheese quesadilla  1/2 cup (4oz) chicken OR  1/3 cup (3oz) Refried Beans  1/4 cup (2 oz) rice  1/4 cup (2 oz) roasted rainbow salsa</p>
8	MS/US	<p>PORTION NOTES:  1 EA ~12 oz (20/Hotel) Adult Baked Beef Mostaccioli or Adult Baked Cheese Mostaccioli w/Plant-Based Ragu  2 scoops* (16 EA) Steamed Green beans  <i>*portion will be served using tongs, 1 "scoop" is approximately 8 EA</i></p>
8	LS	<p>PORTION NOTES:  1 EA ~9 oz (26/Hotel) Kids Baked Beef OR Baked Cheese Mostaccioli  1 scoops* (8 EA) Steamed Green beans  <i>*portion will be served using tongs, 1 "scoop" is approximately 8 EA</i></p>
9	MS/US	<p>PORTION NOTES:  3/4 cup (6oz) Chicken teriyaki OR  1 cup (6 oz) teriyaki tofu  1 1/4 cups (9 oz) rice  1 cup (6oz) roasted broccoli</p>
9	LS	<p>PORTION NOTES:  1/2 cup (4 oz) chicken teriyaki OR  3/4 cup (4oz) teriyaki tofu  1 cup (7 oz) steamed jasmine rice  1/2 cup (3 oz) roasted broccoli</p>
10	MS/US	<p>PORTION NOTES:  2 EA SLICE (24 SL/TRAY)  1 CUP (4 OZ) ROASTED VEGETABLE MEDLEY</p>
10	LS	<p>PORTION NOTES:  1 ea pizza slice (24 SLICE /TRAY)  1/4 cup shelled edamame (1.5 oz)  1/2 cup roasted vegetable medley (2 oz)</p>

AGE GROUP	PASTA CYCLE PORTION NOTES
MONDAY ADULT	PORTION NOTES: 1 CUP (6oz) SAUSAGE CRUMBLE 1 CUP (4oz) PEPPERS 1 1/2 CUPS (12 oz) PENNE MARINARA
MONDAY KIDS	PORTION NOTES: 1/2 CUP (3oz) SAUSAGE CRUMBLE 1/2 CUP (2oz) PEPPERS 1 1/2 CUPS (6 oz) PENNE
TUESDAY ADULT	PORTION NOTES: 2 cup (8oz) cooked cavatappi 1 cup (8fl/oz) ragu 2 scoops (16 ea) green beans* *portion will be served using tongs, 1 "scoop" is approximately 8 EA for all ages 1 ea parmesan cheese cup
TUESDAY KIDS	PORTION NOTES: 1 1/2 cup (6 oz.) cooked cavatappi 1/2 cup (4 fl/oz) ragu 8 ea scoop roasted green beans* *portion will be served using tongs, 1 "scoop" is approximately 8 EA for all ages 1 ea parmesan cup
WEDNESDAY ADULT	PORTION NOTES: 1 1/2 cup (6 oz) Rice Noodles Cooked 1/2 cup (4oz) Roasted Tofu 1/2 cup (2.5oz) veg mix: broccoli/carrots/bell peppers/cucumber 3 fl/oz sunbutter sauce
WEDNESDAY KIDS	PORTION NOTES: 1 cup (4 oz) Rice Noodles Cooked 1/4 cup (2 oz) Chicken OR Tofu 1/2 cup (2.5oz) veg mix: broccoli/carrots/bell peppers/cucumber 3 fl/oz sunbutter sauce
THURSDAY ADULT	PORTION NOTES: 1 1/2 cups (10 oz) baked mac & cheese 1/4 cup (20g) bacon panko crisp topping **omit for vegetarian meals** 1 cup (6oz) edamame succotash
THURSDAY KIDS	PORTION NOTES: 1 cup (7 oz)** baked mac & cheese **For vegetarians increase portion to 1 1/2 cup (10 oz) 1/2 cup (2oz) turkey Diced 1" ***omit for vegetarians** 1/2 cup (3 oz) edamame
FRIDAY ADULT	PORTION NOTES: 3/4 Cup (6 oz) Roasted Chicken OR Tofu diced 1" 1 1/2 cups (9 oz) Pasta Primavera
FRIDAY KIDS	PORTION NOTES: 1/2 Cup (4 oz) Diced Chicken OR Tofu diced 1" 1 Cup (4 oz) Farfalle Pasta **DO NOT MIX WITH VEGETABLES* 1/2 Cup (3 oz) Primavera Veggies
<b>DAILY PIZZA MEAL</b>	
<b>DAILY M-F FOR MS/US.FACULTY ONLY</b>	PORTION NOTES: 2 EA SLICE (24 SL/TRAY) 3/4 CUP (4 OZ) ROASTED BROCCOLI

## ELF TODDLER MENU

### LUNCH 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

#### TUESDAY

Kids' Cheese Quesadilla on Flour Tortilla (G,M,W) w/Roasted Chicken or Refried Beans, Rice & Roasted Rainbow Salsa

TO PREVENT CHOKING FOR 2-3 YEAR OLDS: MEAT SHOULD BE CUT ½" OR SMALLER

#### WEDNESDAY

Kids' Baked Beef & Cheese Mostaccioli (G,M,W) or Baked Cheese Mostaccioli w/Plant-Based Ragu (G,M,S,W) & Steamed Green Beans

#### THURSDAY

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

TO PREVENT CHOKING FOR 2-3 YEAR OLDS: MEAT SHOULD BE CUT ½" OR SMALLER

#### FRIDAY

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

#### AVAILABLE DAILY

#### 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)

### FRUIT FOR DESSERT

#### MONDAY

Apple Slices

#### TUESDAY

Berries

#### WEDNESDAY

Orange Slices

#### THURSDAY

Sliced Melon

#### FRIDAY

Fruit Salad

TO PREVENT CHOKING FOR 2-3 YEAR OLDS: GRAPES SHOULD BE HALVED OR QUARTERED

### SNACK MENU

#### MONDAY

Clementines & Goldfish Crackers

(G,M,W)

Cereal (Cheerios or Rice Chex) & Milk (M)

#### TUESDAY

Apple Slices & Carrot Sticks\*

\*sliced into matchstick-size pieces

Gluten-Free Vegan Muffin (Oats, S)

#### WEDNESDAY

Banana & Pretzels

(G,W)

Cereal (Cheerios or Rice Chex) & Milk (M)

#### THURSDAY

Clementines & Graham Crackers

(G,W, May Contain: M,S)

Gluten-Free Vegan Muffin (Oats, S)

#### FRIDAY

Apple Slices & Animal Crackers (G,W)

Cereal (Cheerios or Rice Chex) & Milk (M)

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