

LUNCH MENU

EARLY CHILDHOOD

HOT LUNCH

MONDAY

Roasted Diced Chicken or Roasted Diced Tofu (S) w/ Mashed Potatoes (M) & Steamed Diced Broccoli

TUESDAY

Cheese Quesadilla (G,M,W) w/ Roasted Diced Chicken or Refried Pinto Beans & Roasted Diced Zucchini

WEDNESDAY

Beef Ragu or Plant-Based Ragu (G,W,S) w/ Ditalini Pasta (G,W) & Cooked Shredded Carrots

THURSDAY

Macaroni & Cheese (G,M,W) w/ Diced Turkey* & Steamed Edamame (S) (puree for ages 0-2)
*for vegetarians: omit turkey, bigger portions of sides

FRIDAY

Mini Beef Burger (seasoned ground beef for ages 0-2)
or Mini Veggie Burger (E) (diced for ages 0-2)
on Whole Wheat Bun (G,W) w/ Sweet Corn (puree for ages 0-2)
Meal includes Ketchup

FRUIT FOR DESSERT

MONDAY

Applesauce

TUESDAY

Diced Strawberries (puree for ages 0-2)

WEDNESDAY

Orange Slices (supremes for ages 0-2)

THURSDAY

Banana (mashed for ages 0-2)

FRIDAY

Sliced Melon

* Reminders *

Allergen-friendly alternatives are available upon request.

We have strict production and procurement policies surrounding products containing peanuts, tree nut & shellfish.

Peanuts, tree nuts and shellfish are not used as ingredients in any recipe developed for production within our commissary kitchen.

Additionally, we take care **not** to purchase ingredients that were processed in a facility that uses nuts.



*Allergen Labeling Key:

Egg, Gluten, Milk, Pork, Soy, Sesame, Wheat

Contains: Chickpeas, Pepita Seeds, & Sunflower Seeds.

*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 related to ingredient information or nutritional content?

Email: nutrition@handcutfoods.com