

# KIDS' LUNCH MENU

## CHEF SPECIALS

### MONDAY

#### Kids' Roasted Chicken

w/Honey Mustard on the side, Roasted Sweet Potatoes, Sweet Corn & Peas

**Vegetarian Option:** Kids' Herb Roasted Tofu (S)

### TUESDAY

#### Kids' Beef Barbacoa Tacos

on Flour Tortillas w/ Roasted Zucchini, Rice & Shredded Cheese on the side (G,M,S,W)

**Vegetarian Option:** Kids' Black Bean Tacos (G,M,S,W)

### WEDNESDAY

#### Kids' Panko Chicken Tenders

w/ Penne Pasta & Roasted Carrots (E,G,W)

**Vegetarian Option:** Kids' Panko Tofu Tenders (E,G,S,W)

### THURSDAY

#### Kids' Chicken Shawarma

w/Lemon Rice, Roasted Cauliflower, Pita and Sesame-Free Hummus G,W - Contains: Chickpeas)

**Vegetarian Option:** Kids' Falafel (G,W - Contains: Chickpeas)

### FRIDAY

#### Kids' Hamburger on Classic Bun

w/Roasted Red Potatoes, Vegetable Medley & Pickles (G,W) Includes Ketchup & Mustard on the side

**Vegetarian Option:** Kids' Veggie Burger (G,W)  
\*Gluten-Free Bread Available (contains egg (E))

## DAILY DESSERT

**MONDAY** - Lemon Cake Bar (E,G,M,W)

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

**WEDNESDAY** - Chocolate Sour Cream Coffee Cake (E,G,M,W)

**THURSDAY** - Iced Sugar Cookie Bars (E,G,M,W)

**FRIDAY** - Vegan Brownie (G,W)

\*Whole fruit and allergen-alternative dessert available daily!

## AVAILABLE EVERYDAY

### SANDWICHES

\*Gluten-free sandwich options always contain egg (E)

#### Kids' Turkey on Whole Wheat Bread

w/Chips & Applesauce Pouch (G,W)

\*Gluten-Free Bread Available

\*Sandwich includes Mayo (E) and Mustard Packets

#### Kids' Cheese Sandwich on Whole Wheat Bread

w/Chips & Applesauce Pouch (G,M,W)

\*Gluten-Free Bread Available

\*Sandwich includes Mayo (E) and Mustard Packets

#### Kids' Turkey & Cheese Sandwich on Whole Wheat Bread

w/Chips & Applesauce Pouch (G,M,W)

\*Sandwich includes Mayo (E) and Mustard Packets

\*Gluten-Free Bread Available

#### Kids' Sunbutter & Jelly Sandwich on Whole Wheat Bread

w/Chips & Applesauce Pouch

(G,W - Contains: Sunflower Seeds)

\*Gluten-Free Bread Available

#### Kids' Sunbutter Sandwich on Whole Wheat Bread

w/Chips & Applesauce Pouch

(G,W - Contains: Sunflower Seeds)

\*Gluten-Free Bread Available



\*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](mailto:nutrition@handcutfoods.com)



### \*Allergen Labeling Key:

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

Contains: Chickpeas, Pepita Seeds, & Sunflower Seeds.