

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,S,W)

*Whole fruit and allergen-alternative dessert available daily!

AVAILABLE DAILY (Available M-F)

Kids Roasted Chicken *or* Tofu (S)

w/ Steamed Rice & Roasted Broccoli

Kids' Cheese Pizza

w/Shredded Mozzarella Cheese, Housemade Tomato Basil Sauce, & Roasted Broccoli (G,M,W)

SANDWICHES

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

Kids' Turkey, Cheese *or* Turkey & Cheese on Whole Wheat Bread

w/Chips & Applesauce Pouch (G,W)

*Sandwich includes Mayo (E) and Mustard Packets

Kids' Sunbutter *or* Sunbutter & Jelly Sandwich on Whole Wheat Bread

w/Chips & Applesauce Pouch

(G,W - Contains: Sunflower Seeds)

DAILY PASTA Pasta option Rotates Daily

MONDAY

Kids' Chicken Sausage & Peppers

w/Penne Marinara (G,W)

Vegetarian Option: Kids' Plant-Based Sausage (G,S,W)

TUESDAY

Kids' Cavatappi Pasta w/ Beef Ragu

w/Roasted Green Beans & Parmesan Cheese on the side (G,M,W)

Vegetarian Option: Kids' Plant-Based Ragu (G,M,S,W)

WEDNESDAY

Kids' Pasta Primavera w/Roasted Chicken (G,W)

Vegetarian Option: Kids' Roasted Tofu (G,S,W)

THURSDAY

Kids' Mac & Cheese

w/ Smoked Turkey & Edamame (G,M,S,W)

Vegetarian Option: Kids' Baked Mac & Cheese w/ Edamame (G,M,S,W)

FRIDAY

Kids' Spaghetti w/ Beef Bolognese

w/Roasted Broccoli & Parmesan Cheese on the side (G,M,W)

Vegetarian Option: Kids' Spaghetti w/Marinara (G,M,W)



*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