

# KIDS' LUNCH MENU

## CHEF SPECIALS

### MONDAY

#### Kids' BBQ Chicken on Classic Bun

*\*Available without bun*

w/ Roasted Corn & Baked Beans (G,W)

**Vegetarian Option:** Kids' BBQ Jackfruit (G,W)

### TUESDAY

#### Kids Cheese Quesadilla w/ Diced Chicken on Flour Tortilla

w/ Rice & Roasted Peppers (G,M,S,W)

**Vegetarian Option:** Kids' Cheese Quesadilla on Flour Tortilla w/ Refried Beans (G,M,S,W)

### WEDNESDAY

#### Kids' Baked Beef & Cheese Penne

w/ Garlic Roasted Green Beans (G,M,W)

**Vegetarian Option:** Kids' Baked Cheese Penne (G,M,W)

### THURSDAY

#### Kids' Chicken Teriyaki

w/ Jasmine Rice & Roasted Broccoli (S)

**Vegetarian Option:** Tofu Teriyaki (S)

### FRIDAY

#### Kids' Nachos w/ Ground Beef

Corn Tortilla Chips, Cheese Sauce & Roasted Zucchini (M)

**Vegetarian Option:** Kids' Nachos w/ Braised Pinto Beans (M)

## DAILY DESSERT

**MONDAY - Brown Sugar Coffee Cake** (E,G,M,W)

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

**WEDNESDAY - Orange Cake** (E,G,M,W)

**THURSDAY - Goopy Ooey Butter Cake** (E,G,M,S,W)

**FRIDAY - Vegan Banana Bread** (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 Ragù

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

**Vegetarian Option:** Kids' Plant-Based Ragù (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](mailto:nutrition@handcutfoods.com)