

# KIDS' LUNCH MENU

## CHEF SPECIALS

### MONDAY

**Kids' Jerk Chicken Drumsticks**  
w/Brown Rice & Peas, Pineapple Salsa  
**Vegetarian Option:** Kids' Jerk Tofu (S)

### TUESDAY

**Kids' Steak**  
w/ Roasted Potatoes & Green Beans w/Cherry Tomatoes & Chimichurri on the side.  
**Vegetarian Option:** Kids' Braised White Bean Stew w/Chimichurri on the side

### WEDNESDAY

**Kids' Beef Shepherd's Pie**  
w/ Mashed Potatoes, Peas & Carrots (M)  
**Vegetarian Option:** Kids' Vegetarian Shepherd's Pie (G,M,S,W)

### THURSDAY

**Kids' Chicken Fried Rice**  
w/Stir Fried Veggies (E,S)  
**Vegetarian Option:** Kids' Edamame Fried Rice (E,S)

### FRIDAY

**Kids' Beef Hot Dog on Classic Bun**  
w/Roasted Potatoes & Vegetable Medley (G,W)  
*Includes Ketchup & Mustard on the side*  
**Vegetarian Option:** Kids' Plant-Based Hot Dog (G,S,W)  
**\*Gluten-Free Bun Available ( contains egg (E) )**  
\*Warning\* To prevent choking, hot dogs must be sliced lengthwise when serving to kids younger than age 4"

## DAILY DESSERT

**MONDAY - Sunbutter Cake** (E,G,M,W - Contains Sunflower Seeds)

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

**WEDNESDAY - Strawberry Lemonade Blondie** (E,G,M,S,W)

**THURSDAY - Marble Squares** (E,G,M,S,W)

**FRIDAY - GF Granola Bar** (M,S - Contains Pepita Seeds & May Contain: Gluten)

**\*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.**