

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 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