

# KIDS' LUNCH MENU

## CHEF SPECIALS

### MONDAY

#### Kids' Roasted Chicken

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

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

### TUESDAY

#### Kids Cheese Quesadilla w/ Diced Chicken

w/Mexican Rice & Roasted Peppers on a Flour Tortilla (G,M,S,W)

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

### WEDNESDAY

#### Kids' Beef Meatballs

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

**Vegetarian Option:** Quinoa Meatballs w/Marinara (G,W - Contains Mushrooms)

### THURSDAY

#### Kids' Thai Chicken Curry

w/Onions & Bamboo Shoots, Stir Fried Snow Peas & Brown Rice (S)

**Vegetarian Option:** Kids' Thai Tofu Curry (S)

### FRIDAY

#### 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 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.**