

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 on Flour Tortilla

w/ Diced Chicken Mexican Rice & Roasted Peppers

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: Kids' Quinoa Meatballs w/Marinara (G,W - Contains Mushrooms)

THURSDAY

Kids' Thai Chicken Curry

w/Stir Fried Snow Peas & Bamboo Shoots 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,S,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