

# KIDS' LUNCH MENU

## CHEF SPECIALS

### MONDAY

**Kids' Chicken Tikka Masala,**  
w/Roasted Cauliflower & Jasmine Rice (M)  
**Vegetarian Option:** Kids' Chana Masala  
(Contains Chickpeas)

### TUESDAY

**Kids' Ropa Vieja**  
w/Ropa Vieja Beef, Braised Black Beans,  
Steamed Brown Rice & Roasted Red Peppers  
**Vegetarian Option:** Kids' Plant-Based Ropa Vieja

### WEDNESDAY

**Kids' Grilled Chicken Souvlaki**  
w/Roasted Potato Wedges & Greek Roasted  
Vegetables  
**Vegetarian Option:** Kids' Grilled Tofu Souvlaki (S)

### THURSDAY

**Kids' Beef Bulgogi**  
w/Seasonal Stir Fried Veggies & Jasmine Rice (S)  
**Vegetarian Option:** Kids' Tofu Bulgogi (S)

### FRIDAY

**Kids' Nachos w/Ground Turkey**  
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 - Goey Ooey Butter Cake** (E,G,M,S,W)

**FRIDAY - Vegan Banana Bread** (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**



### **\*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)