

# 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 - Goopy Ooey Butter Cake** (E,G,M,S,W)

**FRIDAY - Vegan Banana Bread** (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](mailto:nutrition@handcutfoods.com)