

# KIDS' LUNCH MENU

## CHEF SPECIALS

### MONDAY

#### Kids' BBQ Chicken Drumsticks

w/Fresh Peas & Cornbread (E,G,M,W)

**Vegetarian Option:** Kids' BBQ Tofu (E,G,M,S,W)

### TUESDAY

#### Kids' Beef & Cheese Enchilada Bake

w/Roasted Zucchini & Sour Cream on the side (M)

**Vegetarian Option:** Kids' Bean & Cheese Enchilada Bake (M)

### WEDNESDAY

#### Kids' Roasted Chicken

w/Penne Pasta, Roasted Green Beans & Pesto on the side (G,W - Contains: Pepita Seeds)

**Vegetarian Option:** Kids' Roasted Tofu (G,S,W - Contains: Pepita Seeds)

### THURSDAY

#### Kids' Soy Ginger Glazed Chicken Meatballs

w/Steamed Brown Rice & Roasted Broccoli (S)

**Vegetarian Option:** Kids' Soy Ginger Glazed Tofu (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 Bread 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](mailto:nutrition@handcutfoods.com)