

# KIDS' LUNCH MENU

## CHEF SPECIALS

### MONDAY

#### Kids' Beef & Lamb Kefta

w/ Garlic Couscous, Grilled Veggies & Tzatziki Sauce (on the side) (G,M,W)

**Vegetarian Option:** Kids' Falafel (G,M,W - Contains: Chickpeas)

### TUESDAY

#### Kids' Chicken Jambalaya

w/ Brown Rice, Roasted Okra & Cornbread (E,G,M,W)

**Vegetarian Option:** Kids' Red Beans & Brown Rice (E,G,M,W)

### WEDNESDAY

#### Kids' Beef & Cheese Lasagna

w/Garlic Roasted Broccoli (G,M,W)

**Vegetarian Option:** Kids' Cheese Lasagna (G,M,W)

### THURSDAY

#### Kids' Chicken Pad Thai

w/Roasted Diced Chicken, Pad Thai Noodles & Stir Fried Veggies (S - Contains: Sunflower Seeds)

**Vegetarian Option:** Kids' Roasted Tofu (S - Contains: Sunflower Seeds)

### FRIDAY

#### Kids' Beef Sloppy Joe on Classic Bun

w/Mashed Potatoes & Vegetables (G,M,W)

**Vegetarian Option:** Kids' Lentil & Quinoa Sloppy Joe (G,M,W - Contains: Mushrooms)  
\*Gluten-Free Bread Available ( contains egg (E) )

## DAILY DESSERT

**MONDAY** - Chocolate Banana Cake (E,G,M,W)

**TUESDAY** - Snickerdoodle Bar (E,G,M,W)

**WEDNESDAY** - Chocolate Zucchini Cake (E,G,S,W)

**THURSDAY** - Seasonal Fruit Jam Bar (G,M,W - Contains: Oats)

**FRIDAY** - Gluten-Free Vegan Apple Cake (S)

\*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.