

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 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