

## **Annunciation Catholic School – Lunch Program Menu**

**SEPTEMBER 2019**

### **Main Entrées**

All Main Entrées include a fruit & vegetable and some entrées include a side of white corn tortilla chips

**Agra Burger** – beef burger, organic spring mix, served on a hamburger bun – ketchup available *(contains gluten)*

- *Vegetarian Option: Veggie Burger – organic spring mix, served on a hamburger bun – ketchup available – (contains gluten)*

**Agra Dog** – all-natural beef hot dog (antibiotic and hormone free), served on a hotdog bun – ketchup available – served with a side salad *(contains gluten)*

- *Vegetarian Option: Roasted Vegetable Sandwich – demi baguette, roasted zucchini & squash, organic bell peppers, organic spinach, hummus & feta (contains gluten & dairy)*

**Chicken Caesar Wrap** – flour tortilla, roasted garlic aioli, roasted chicken, organic romaine, organic tomato, parmesan cheese, caesar dressing & croutons *(contains gluten & dairy)*

- *Vegetarian Option: Quinoa Veggie Wrap – flour tortilla, quinoa, hummus, spinach, carrots (contains gluten)*

**Chicken Fried Rice** – sautéed chicken, jasmine rice, carrots, edamame, napa cabbage, herb mix, egg *(contains egg)*

- *Vegetarian Option: Fried Rice – jasmine rice, carrots, edamame, napa cabbage, herb mix, egg (contains egg)*

**Chicken Quesadillas** – corn tortillas, white cheddar cheese, roasted chicken, sunflower oil – served with a side of fresh pico de gallo – entrée includes two quesadillas per serving *(contains dairy)*

- *Vegetarian Option: Cheese Quesadillas – corn tortillas, white cheddar cheese, sunflower oil – served with a side of fresh pico de gallo – entrée includes two quesadillas (contains dairy)*

**Chicken Stir-Fry** – sautéed chicken, thai sauce, brown rice, organic bell peppers, onion *(gluten free & dairy free)*

- *Vegetarian Option: Tofu Stir-Fry – tofu, thai sauce, brown rice, organic bell peppers, onion (gluten free & dairy free)*

**Chicken Tacos** – flour tortillas, sautéed chicken, organic romaine, white cheddar cheese, fresh pico de gallo – entrée includes two chicken tacos per serving *(contains gluten – dairy is optional)*

- *Vegetarian Option: Black Beans Tacos – flour tortillas, sautéed chicken, organic romaine, cheese, fresh pico de gallo – entrée includes two black beans tacos per serving (contains gluten – dairy is optional)*

**Chicken Teriyaki Bowl** – sautéed chicken, jasmine rice, carrots, broccoli, served with a housemade teriyaki sauce *(gluten free & dairy free)*

- *Vegetarian Option: Tofu Teriyaki Bowl – tofu, jasmine rice, carrots, broccoli, served with a housemade teriyaki sauce (gluten free & dairy free)*

**Grilled Cheese Sandwich with Tomato Soup** – multi-grain bread, mozzarella cheese served with tomato soup *(contains gluten & dairy)*

- *Entrée is a vegetarian option*

**Grilled Chicken Sandwich** – chicken breast, organic spring mix, sliced tomato, served on a hamburger bun – ketchup available *(contains gluten)*

- *Vegetarian Option: Roasted Vegetable Sandwich – demi baguette, roasted zucchini & squash, organic bell peppers, organic spinach, hummus & feta (contains gluten & dairy)*

**Pesto Pasta & Sautéed Chicken** – rotini noodles with fresh made pesto (no NUTS – contains sunflower seeds) and roasted chicken – parmesan cheese available on the side *(contains gluten & dairy)*

- *Vegetarian Option: Pesto Pasta – rotini noodles with fresh made pesto (no NUTS – contains sunflower seeds) – parmesan cheese available on this side (contains gluten & dairy)*

**Rigatoni w/ Tomato & Meat (Beef) Sauce** – parmesan cheese available on the side *(contains gluten)*

- *Vegetarian Option: Rigatoni w/ Tomato Sauce – parmesan cheese available on the side (contains gluten)*

**Taco Bowl** – ground beef, fresh pico de gallo, organic romaine, white cheddar cheese, served on white corn tortilla chips *(dairy is optional)*

- *Vegetarian Option: Black Bean Taco Bowl – black beans, fresh pico de gallo, organic romaine, white cheddar cheese, served on white corn tortilla chips (dairy is optional)*

**Turkey Burger** – turkey burger, organic spring mix, sliced tomato, served on a hamburger bun – ketchup available *(contains gluten)*

- *Vegetarian Option: Veggie Burger – organic spring mix, served on a bun – ketchup available (contains gluten)*

**Turkey Sloppy Joes** – ground turkey, tomato, spices, served on a hamburger bun – ketchup available *(contains gluten)*

- *Vegetarian Option: Roasted Vegetable Sandwich – demi baguette, roasted zucchini & squash, organic bell peppers, organic spinach, hummus, & feta (contains gluten & dairy)*

### **Cold Sandwiches**

All Cold Sandwiches include a fruit & vegetable and a side of white corn tortilla chips

**Basil Turkey BLT** – multi-grain bread, turkey *(antibiotic & hormone free)*, bacon *(nitrite-free)*, organic butter lettuce, organic tomato, roasted garlic aioli *(dairy free)* *(contains gluten)*

**Ham & Cheese Sandwich** – multi-grain bread, ham *(antibiotic & hormone free)*, organic butter lettuce, roasted garlic aioli, white cheddar cheese *(contains gluten & dairy)*

**Ham & Cheese Wrap** – flour tortilla, ham *(antibiotic & hormone free)*, organic butter lettuce, roasted garlic aioli, white cheddar cheese *(contains gluten & dairy)*

**Roasted Chicken & Cheese Sandwich** – multi-grain bread, roasted chicken, organic romaine, roasted garlic aioli, white cheddar cheese *(contains gluten & dairy)*

**Salami & Cheese Sandwich** – multi-grain bread, salami, organic romaine, roasted garlic aioli, provolone cheese *(contains gluten & dairy)*

**Turkey & Cheese Sandwich** – multi-grain bread, turkey *(antibiotic & hormone free)*, organic romaine, roasted garlic aioli, white cheddar cheese *(contains gluten & dairy)*

**Turkey & Cheese Wrap** – flour tortilla, turkey *(antibiotic & hormone free)*, organic romaine, roasted garlic aioli, white cheddar cheese *(contains gluten & dairy)*

—Vegetarian—

**Roasted Vegetable Sandwich** – demi baguette, roasted zucchini & squash, organic bell peppers, organic spinach, hummus, feta cheese (*contains gluten & dairy*)