

Annunciation Catholic School – Lunch Program Menu

OCTOBER 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 (*gluten free*) (*contains egg*)

- *Vegetarian Option: Tofu Fried Rice – tofu, jasmine rice, carrots, edamame, napa cabbage, herb mix, egg (gluten free) (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 – sautéed 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)*

Cold Ham & Veggie Pasta – rotini noodles, all-natural ham, cauliflower, carrots, zucchini & squash, Agra Vinaigrette (*dairy free*) (*contains gluten*)

- *Vegetarian Option: Cold Chickpea & Veggie Pasta – rotini noodles, chickpeas, cauliflower, carrots, zucchini & squash, Agra Vinaigrette (dairy free) (contains gluten)*

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 fruit, vegetables, & 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*)