



Hot Lunch 2021-2022 Menus, Dates, and Ingredients

TUESDAYS

Menu #1 (18 meals)

8" Personal Pizza with Apple Slices and Carrot Sticks (Sierra Madre Pizza Co.)	9/21, 10/5, 10/19, 11/2, 11/16, 11/30, 12/14, 1/11, 1/25, 2/8, 2/22, 3/8, 3/22, 4/12, 4/26, 5/10, 5/24, and 6/7	1 serving: \$8.50
Ingredients: Pizza Dough (salt, sugar, yeast, flour), Sauce (basil, parsley, oregano, salt, sugar, black pepper, onion powder, garlic powder, canola oil, white ground pepper) and Cheese . Sides of Carrots and Apple Slices		

Menu #2 (15 meals)

Chicken or Eggplant Parmigiana with Spaghetti w/ Marinara Sauce, Bread, and Fruit (Di Pillas)	9/28, 10/12, 10/26, 11/9, 12/7, 1/4, 1/18, 2/1, 2/15, 3/1, 3/15, 3/29, 4/19, 5/3, and 5/17	1 serving: \$8.50 2 servings: \$11 (double protein)
Ingredients: Chicken Parmigiana : Egg, Flour, Cheese, Marinara Sauce (tomato, salt, pepper, olive oil, garlic), Garlic, Onion, Salt, Pepper. Eggplant Parmigiana : Egg, Flour, Cheese, Marinara Sauce (tomato, salt, pepper, olive oil, garlic), Garlic, Onion, Salt, Pepper. Sides of Spaghetti w/ Marinara Sauce (tomato, salt, pepper, olive oil, garlic), Bread, and Fruit <i>Contains: Wheat, Egg, Dairy</i>		

WEDNESDAYS

Menu #1 (18 meals)

Teriyaki Chicken or Tofu Agedashi with steamed white rice and broccoli (No. 1 Kazoku)	9/22, 10/6, 10/20, 11/3, 11/17, 12/1, 12/15, 1/12, 1/26, 2/9, 2/23, 3/9, 3/23, 4/13, 4/27, 5/11, 5/25, and 6/8	1 serving: \$8.50 2 servings: \$11 (double protein)
Ingredients: Teriyaki Chicken : Boneless Jidori Chicken, Teriyaki Sauce (Sake, Mirin, Soy Sauce, Sugar, Green Onion, Ginger), Sesame Seeds, Seaweed. Teriyaki Tofu : Tofu, Dashi Sauce (Sake, Mirin, Soy Sauce, Hondashi, Green Onions), Sesame Seeds, Seaweed. Sides of Rice and Broccoli <i>Contains: Soy, Wheat</i>		

WEDNESDAYS (cont'd)

Menu #2 (13 meals)

Chicken Kebabs or Hummus & Pita with Rice Pilaf and Sauteed Mixed Veggies (Corfu)	9/29, 10/13, 11/10, 12/8, 1/5, 1/19, 2/2, 2/16, 3/2, 4/20, 5/4, 5/18, and 6/1	1 serving: \$8.50 2 servings: \$11 (double protein)
Ingredients: Chicken Kebab: Chicken, Garlic, Lemon Juice, Tomato Paste. Hummus (Garbanzo Beans, Garlic, Sesame Oil, Lemon Juice, Salt. Pita Bread: Flour, Water, Sugar, Salt, Yeast) and Pita Bread (Flour, Water, Sugar, Salt, Yeast). Sides of Stir-Fried Vegetables (Broccoli, Snap Peas, Water Chestnuts, Baby Corn, Carrots, Shiitake Mushrooms, Red Bell Peppers) and Rice (White Rice, Butter)		

THURSDAYS

Menu #1 (17 meals)

Cheeseburger or Impossible Sliders with French Fries and Fruit (Bitez)	9/23, 10/7, 10/21, 11/4, 11/18, 12/2, 1/13, 1/27, 2/10, 2/24, 3/10, 3/24, 4/14, 4/28, 5/12, 5/26, and 6/9	1 serving: \$8.50 2 servings: \$11 (extra slider)
Ingredients: Cheeseburger: Hawaiian Rolls, Beef Patties, Cheese. Impossible Burger: Hawaiian Rolls, Impossible Meat (soy protein, coconut, oil, sunflower oil, potato protein, methylcellulose, yeast extract, salt, gum and water), Vegan Cheese (filtered water, coconut oil, modified potato and corn, starches, sea salt, olive extract, paprika extract, beta carotene for color). Sides of French Fries and Fruit <i>Contains: Wheat and Dairy</i>		

Menu #2 (14 meals)

Chicken Taquito or Bean and Cheese Burrito with Guacamole and Seasonal Fruit (TrukQuito)	9/30, 10/14, 11/11, 12/9, 1/6, 1/20, 2/3, 2/17, 3/3, 3/31, 4/21, 5/5, 5/19, and 6/2	1 serving: \$8.50 2 servings: \$11 (extra taquito or larger burrito)
Ingredients: Bean and Cheese Burrito: Pinto Beans, Cheddar Cheese, Garlic, Onion, Salt, Pepper, Paprika, Cumin, Wrapped in a Flour Tortilla. Chicken Taquitos: Boiled Chicken Breast, Salt, Chicken Base Seasoning, Garlic Powder, Pepper, Corn Tortilla, Fried in Corn Oil. Guacamole: Avocado, Lime, Salt, Garlic, Onion, Tomato, Cilantro, Sour Cream		