

## Agra School Lunch Program – Lunch Menu

2023-2024 School Year

GF – Gluten-Free		DF – Dairy-Free
CONTAINS GLUTEN – Contains Gluten		CONTAINS DAIRY – Contains Dairy
CONTAINS SOY – Contains Soy		CONTAINS EGG – Contains Egg

### Main Entrées

All Main Entrées include a fruit & vegetable – some entrées include a side of white corn tortilla chips/pretzels or brown rice

**Agra Burger** – beef burger, organic spring mix, served on a hamburger bun – ketchup & mustard available |CONTAINS GLUTEN| |DF|

- o *Vegetarian Option: Veggie Burger – organic spring mix, served on a hamburger bun – ketchup available* |CONTAINS GLUTEN| |DF| |CONTAINS SOY|

**Agra Dog** – all-natural beef hot dog (antibiotic and hormone free), served on a hotdog bun – ketchup & mustard available |CONTAINS GLUTEN| |DF|

- o *Vegetarian Option: Roasted Vegetable Sandwich – demi baguette, roasted zucchini & squash, organic bell peppers, organic spinach, hummus & feta* |CONTAINS GLUTEN| |CONTAINS DAIRY|

**Chicken Alfredo Pasta** – rotini noodles, parmesan cheese, half & half, butter, garlic, Italian seasoning, and roasted chicken – parmesan cheese available on the side |CONTAINS GLUTEN| |CONTAINS DAIRY|

- o *Vegetarian Option: Alfredo Pasta – rotini noodles, parmesan cheese, half & half, butter, garlic, Italian seasoning – parmesan cheese available on the side* |CONTAINS GLUTEN| |CONTAINS DAIRY|

**Chicken Caesar Wrap** – flour tortilla, roasted garlic aioli, roasted chicken, organic romaine, organic tomato, parmesan cheese, caesar dressing – served with a side of cold ham pasta |CONTAINS GLUTEN| |CONTAINS DAIRY| |CONTAINS SOY|

- o *Vegetarian Option: Quinoa Veggie Wrap – flour tortilla, tri-colored quinoa, carrots, organic spinach, hummus – served with a side of cold chickpea pasta* |CONTAINS GLUTEN| |DF|

**Chicken Fried Rice** – sautéed chicken, jasmine rice, carrots, edamame, napa cabbage, herb mix, egg |GF| |DF| |CONTAINS EGG| |CONTAINS SOY|

- o *Vegetarian Option: Tofu Fried Rice – tofu, jasmine rice, carrots, edamame, napa cabbage, herb mix, egg* |GF| |DF| |CONTAINS EGG| |CONTAINS SOY|

**Chicken Noodle Soup with Bread Roll** – roasted chicken, egg noodles, carrots, celery, onion, garlic, oregano – served with a bread roll |CONTAINS GLUTEN| |CONTAINS EGG – Contains Egg| |DF|

- o *Vegetarian Option: Roasted Vegetable Sandwich – demi baguette, roasted zucchini & squash, organic bell peppers, organic spinach, hummus & feta* |CONTAINS GLUTEN| |CONTAINS DAIRY|

**Chicken Stir-Fry** – sautéed chicken, thai sauce, brown rice, organic bell peppers, onion |GF| |DF| |CONTAINS SOY|

- o *Vegetarian Option: Tofu Stir-Fry – sautéed tofu, thai sauce, brown rice, organic bell peppers, onion* |GF| |DF| |CONTAINS SOY|

**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 – dairy is optional|

- o *Vegetarian Option: Black Bean Tacos – flour tortillas, sautéed chicken, organic romaine, white cheddar cheese, fresh pico de gallo – entrée includes two black beans tacos per serving* |CONTAINS GLUTEN| |\*CONTAINS DAIRY – dairy is optional|

**Chicken Tenders with Roasted Potatoes** – baked chicken tenders – served with a side of roasted potatoes – ketchup & mustard available |DF| |CONTAINS GLUTEN| |CONTAINS EGG|

- *Vegetarian Option: Roasted Vegetable Sandwich – demi baguette, roasted zucchini & squash, organic bell peppers, organic spinach, hummus & feta* |CONTAINS GLUTEN| |CONTAINS DAIRY|

**Chicken Teriyaki Bowl** – sautéed chicken, jasmine rice, carrots, broccoli, served with a housemade teriyaki sauce |GF| |DF| |CONTAINS SOY|

- *Vegetarian Option: Tofu Teriyaki Bowl – tofu, jasmine rice, carrots, broccoli, served with a housemade teriyaki sauce* |GF| |DF| |CONTAINS SOY|

**Chicken Wild Rice Soup with Bread Roll** – roasted chicken, wild rice, brown rice, carrots, celery, onion, garlic, vegan butter, whole milk, half & half, organic chicken broth – served with a bread roll |\*GLUTEN - gluten is optional| |CONTAINS DAIRY| |CONTAINS SOY|

- *Vegetarian Option: Roasted Vegetable Sandwich – demi baguette, roasted zucchini & squash, organic bell peppers, organic spinach, hummus & feta* |CONTAINS GLUTEN| |CONTAINS DAIRY|

**Cold Ham & Veggie Pasta** – rotini noodles, all-natural ham, cauliflower, carrots, zucchini & squash, Agra Vinaigrette |CONTAINS GLUTEN| |DF|

- *Vegetarian Option: Cold Chickpea & Veggie Pasta – rotini noodles, chickpeas, cauliflower, carrots, zucchini & squash, Agra Vinaigrette* |CONTAINS GLUTEN| |DF|

**Corn Dog** – whole-grain battered corn dog (chicken based) – served with a side of roasted potatoes – ketchup & mustard available |CONTAINS GLUTEN| |CONTAINS EGG| |CONTAINS SOY| |DF|

**Grilled Cheese Sandwich with Tomato Soup** – multi-grain bread, mozzarella cheese served with tomato soup |CONTAINS GLUTEN| |CONTAINS 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| |DF|

- *Vegetarian Option: Roasted Vegetable Sandwich – demi baguette, roasted zucchini & squash, organic bell peppers, organic spinach, hummus & feta* |CONTAINS GLUTEN| |CONTAINS DAIRY|

**Macaroni 'N' Cheese with Burger Bits** – rotini noodles, white cheddar cheese, american cheese, whole milk, corn starch, garlic powder, onion powder, ground beef – parmesan cheese available on the side |CONTAINS GLUTEN| |CONTAINS DAIRY|

- *Vegetarian Option: Macaroni 'N' Cheese – rotini noodles, white cheddar cheese, american cheese, whole milk, corn starch, garlic powder, onion powder – parmesan cheese available on the side* |CONTAINS GLUTEN| |CONTAINS DAIRY|

**Meatball Sub** – seasoned beef meatballs, served with marinara sauce on a hot dog bun – parmesan cheese available on the side |CONTAINS GLUTEN| |CONTAINS SOY| |CONTAINS DAIRY|

- *Vegetarian Option: Vegan Meatball Sub – seasoned soy & wheat flour meatballs, served with marinara sauce on a hot dog bun – parmesan cheese available on the side* |CONTAINS GLUTEN| |CONTAINS SOY| |CONTAINS DAIRY (via parmesan)|

**Pesto Pasta with Chicken** – rotini noodles with freshly made pesto (**No Nuts** – contains sunflower seeds) and roasted chicken – parmesan cheese available on the side |CONTAINS GLUTEN| |CONTAINS DAIRY|

- *Vegetarian Option: Pesto Pasta – rotini noodles with freshly made pesto (**No Nuts** – contains sunflower seeds) – parmesan cheese available on this side* |CONTAINS GLUTEN| |CONTAINS DAIRY|

**Southwest Chicken Wrap** – flour tortilla, roasted chicken, organic romaine, pepper jack cheese, corn, black beans, red bell pepper, herb ranch dressing – served with a side of cold ham pasta |**CONTAINS GLUTEN**| |**CONTAINS DAIRY**|

- *Vegetarian Option: Quinoa Veggie Wrap* – flour tortilla, tri-colored quinoa, carrots, organic spinach, hummus – served with a side of cold chickpea pasta |**CONTAINS GLUTEN**| |**DF**|

**Spaghetti w/ Tomato & Meat (Beef) Sauce** – rotini noodles, tomato sauce, beef – parmesan cheese available on the side |**CONTAINS GLUTEN**| |\***DAIRY** – dairy is optional|

- *Vegetarian Option: Spaghetti w/ Tomato Sauce* – rotini noodles, tomato sauce – parmesan cheese available on the side |**CONTAINS GLUTEN**| |\***DAIRY** – dairy is optional|

**Taco Bowl** – ground beef, fresh pico de gallo, organic romaine, white cheddar cheese, served on white corn tortilla chips/brown rice/ |**GF**| |\***DAIRY** – 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/brown rice |**GF**| |\***DAIRY** – dairy is optional|

**Turkey Burger** – turkey burger, organic spring mix, sliced tomato, served on a hamburger bun – ketchup available |**CONTAINS GLUTEN**| |**DF**|

- *Vegetarian Option: Veggie Burger* – organic spring mix, served on a bun – ketchup available |**CONTAINS GLUTEN**| |**DF**| |**CONTAINS SOY**|

**Turkey Sloppy Joes** – ground turkey, tomato, carrots, celery, spices, served on a hamburger bun – ketchup available |**CONTAINS GLUTEN**| |**DF**|

- *Vegetarian Option: Roasted Vegetable Sandwich* – demi baguette, roasted zucchini & squash, organic bell peppers, organic spinach, hummus, & feta |**CONTAINS GLUTEN**| |**CONTAINS DAIRY**|

### **Cold Sandwiches**

All Cold Sandwiches include a fruit, a vegetable, and a side of white corn tortilla chips/pretzels/crackers or brown rice

**Basil Turkey BLT Sandwich** – multi-grain bread, turkey (*antibiotic & hormone free*), bacon (*nitrite-free*), green bibb lettuce, organic tomato, roasted garlic aioli |**CONTAINS GLUTEN**| |**DF**|

**Basil Turkey BLT Wrap** – flour tortilla, turkey (*antibiotic & hormone free*), bacon (*nitrite-free*), green bibb lettuce, organic tomato, roasted garlic aioli |**CONTAINS GLUTEN**| |**DF**|

**Ham & Cheese Sandwich** – multi-grain bread, ham (*antibiotic & hormone free*), green leaf lettuce, roasted garlic aioli, mozzarella cheese |**CONTAINS GLUTEN**| |**CONTAINS DAIRY**|

**Ham & Cheese Wrap** – flour tortilla, ham (*antibiotic & hormone free*), green leaf lettuce, roasted garlic aioli, mozzarella cheese |**CONTAINS GLUTEN**| |**CONTAINS DAIRY**|

**Roasted Chicken & Cheese Sandwich** – multi-grain bread, roasted chicken, green leaf lettuce, roasted garlic aioli, mozzarella cheese |**CONTAINS GLUTEN**| |**CONTAINS DAIRY**|

**Roasted Chicken & Cheese Wrap** – flour tortilla, roasted chicken, green leaf lettuce, roasted garlic aioli, mozzarella cheese |**CONTAINS GLUTEN**| |**CONTAINS DAIRY**|

**Salami & Cheese Sandwich** – multi-grain bread, salami, green leaf lettuce, roasted garlic aioli, mozzarella cheese |**CONTAINS GLUTEN**| |**CONTAINS DAIRY**|

**Salami & Cheese Wrap** – flour tortilla, salami, green leaf lettuce, roasted garlic aioli, mozzarella cheese |**CONTAINS GLUTEN**| |**CONTAINS DAIRY**|

**Turkey & Cheese Sandwich** – multi-grain bread, turkey (*antibiotic & hormone free*), green leaf lettuce, roasted garlic aioli, mozzarella cheese |**CONTAINS GLUTEN**| |**CONTAINS DAIRY**|

**Turkey & Cheese Wrap** – flour tortilla, turkey (*antibiotic & hormone free*), green leaf lettuce, roasted garlic aioli, mozzarella cheese | **CONTAINS GLUTEN** | **CONTAINS DAIRY**  
—Vegetarian—

**Quinoa Veggie Wrap** – flour tortilla, tri-colored quinoa, carrots, organic spinach, hummus | **CONTAINS GLUTEN** | **DF**

**Raw Vegetable Sandwich** – multi-grain bread, cucumber, carrots, organic tomato, organic spinach, hummus | **CONTAINS GLUTEN** | **DF**

**Roasted Vegetable Sandwich** – demi baguette, roasted zucchini & squash, organic bell peppers, organic spinach, hummus, feta cheese | **CONTAINS GLUTEN** | **CONTAINS DAIRY**

*\*All sandwiches & wraps can be ordered gluten-free and/or dairy-free upon request*

#### **À La Carte Extras (selections vary by month)**

**Smoothie** – 8 oz. Organic Strawberry Banana Smoothie | **GF** | **DF**

**Smoothie** – 8 oz. Organic Banana Berry Smoothie | **GF** | **DF**

**Cookie** – Agra Chocolate Chip Cookie | **GF** | **DF**

**Cookie** – Vegan Chocolate Chip Cookie | **GF** | **DF**