

SUMMER@LATIN

Sample Menu from Handcut Foods

Welcome to Summer Camp!

Handcut Foods is thrilled with the opportunity to provide the campers with high quality, healthy meals made with the finest ingredients. We encourage feedback, questions and comments, so feel free to reach out to us! Handcut Foods is proud of its program, serving only fresh produce, never frozen meats, and from scratch cooking.

A Draft of Summer 2023 Menu:

HANDCUT FOODS LUNCH MENU	
SUMMER AT LATIN	
HOT LUNCH WEEK 1	HOT LUNCH WEEK 2
MONDAY BBQ Pulled Chicken or BBQ Tofu (S) Sandwich on Classic Bun* (G,W) w/ Roasted Sweet Potatoes & Roasted Corn <i>*Gluten-Free Bun (E) available</i>	MONDAY BBQ Chicken Drumsticks or BBQ Tofu (S) with Macaroni & Cheese (G,M,W) & Green Beans
TUESDAY Pulled Chicken Tinga or Braised Black Bean Tacos on Flour Tortillas (G,M,W) with Mexican Rice & Roasted Rainbow Salsa <i>*Gluten-Free Corn Tortillas available</i>	TUESDAY Steak Tacos or Plant-Based Lentil & Pepita Tacos (Contain Pumpkin Seeds) on Flour Tortillas (G,W) w/ Roasted Zucchini, Mexican-Style Rice & Shredded Cheese (M) on the side <i>*Gluten-Free Corn Tortillas available</i>
WEDNESDAY Beef Ragu or Plant-Based Ragu (G,W,S) with Spaghetti (G,W) & Roasted Carrots	WEDNESDAY Fettuccine Alfredo (G,W,M) with Grilled Chicken or Tofu (S), Garlic Roasted Broccoli & Mixed Green Salad
THURSDAY Teriyaki Chicken or Tofu (S), Jasmine Rice, Roasted Broccoli	THURSDAY Kids' Beef or Bean Nachos w/ Corn Tortilla Chips, Cheese Sauce (M) on the side & Roasted Bell Peppers
FRIDAY Beef Cheeseburger (M) or Veggie Cheese Burger (E,M) on Classic Bun (G,W) with Potato Chips, Sliced Raw Vegetables with Ranch Dip (E,S) <i>*Gluten-Free Bun (E) available</i>	FRIDAY Beef Hot Dog or Plant-Based Hot Dog (S) on Classic Bun* (G,W) with Potato Chips & Sliced Raw Vegetables with Ranch Dip (E,S) <i>*Gluten-Free Bun (E) available</i>
DAILY DESSERT	DAILY SNACK
MONDAY Vegan Brownie (G,W)	MONDAY PRETZEL RODS (G,W)
TUESDAY Lemon Cake Bar (G,W,M,S)	TUESDAY CLEMENTINES
WEDNESDAY Vegan Banana Bread (G,W)	WEDNESDAY GRANOLA BAR (G,W,M,S, Pumpkin Seeds)
THURSDAY Chocolate Banana Cake (G,M,S,W,E)	THURSDAY BANANA
FRIDAY Italian Ice	FRIDAY WHOLE GRAIN ANIMAL CRACKERS (G,W,S)

***Allergen Labeling Key:** Egg, Gluten, Milk, Soy, SunFlower Seeds, Wheat

*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? Contact us at nutrition@handcutfoods.com