

# LUNCH

July 22- July 26  
Summer at Latin

## MONDAY

Spaghetti w/ Beef Bolognese Sauce (G)  
Spaghetti w/Garden Vegetable Marinara (G)  
Mozzarella Cheese (D)  
Roasted Seasonal Vegetables  
Fruit Salad

## TUESDAY

Roasted Chicken  
Roasted Tofu (S)  
Mixed Green Salad w/Vinaigrette  
Macaroni & Cheese w/Broccoli (D, G)  
Cookie (D,E,G,S)

## WEDNESDAY

### MS ONLY

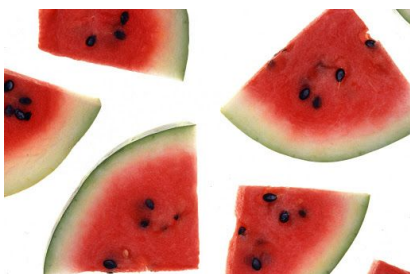
Turkey & Cheese Melt (D, G)  
Grilled Cheese (D, G)  
Tomato Soup  
Cucumber & Tomato Salad  
Baked Fruit (D)

## THURSDAY

Chicken & Cheese Quesadillas (D,G)  
Bean & Cheese Quesadillas (D,G)  
Corn & Black Bean Salad  
Baked Fruit (D)

## FRIDAY

Beef Burgers (Bun: G,S)  
Black Bean Burgers (G, Bun: G,S)  
Vegetable Crudites  
Homemade Potato Chips  
Watermelon Wedges



## MINDFUL SNACKING

Commonly thought of as “mini meals”, snacks provide a great opportunity for children to fill nutrient gaps throughout the day and practice making healthy choices. When choosing a snack, focus on nutrient-rich foods and food pairings that provide **fat, protein and fiber** to maintain satiety. For example:

Apple (fiber) + string cheese (fat, protein) or  
raw vegetables (fiber) + guacamole (protein, fat)

Sometimes, making healthy choices is easier said than done, especially for kids. When choosing a snack, many kids prioritize **convenience, level of effort, and taste**. For this reason, snack time may be overlooked or simplified with packaged food items or fast food. The solution to this is 'snack prepping' and buying fresh produce + pairings specifically for snack time.

### Snacking Tips

- Allow kids to participate in the process. Plan snacks together and allow them help you at the grocery store. Teach them where the snacks are located at home and let them help you portion snacks ahead of time.
- Keep fresh fruits and vegetables visible on the counter or at eye level in the refrigerator, pantry, or cabinet so that they are “grab-able” for children at all times
- Wash, cut and refrigerate fresh veggies so they're ready to eat
- Buy food in bulk and prep in single serve containers: apple slices, baby carrots, milk, pudding, dried fruit, yogurt, milk

Snacks should be timed **at least two hours** between meals. Choosing a nutrient dense snack plus timing a snack will not only fill up a child at snack time, but ensure that they will still be hungry at meal time. Ensuring that a snack remains a mini meal.

## HANDCUT FOODS

Contact us at [latin@handcutfoods.com](mailto:latin@handcutfoods.com)  
[handcutfoods.com/portal](https://handcutfoods.com/portal) Client code: 59

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. Allergy-friendly alternatives are available every day.