

LUNCH

June 17-21

Summer at Latin

MONDAY

Baked Pasta w/Chicken Sausage (D,G)
Baked Pasta w/Roasted Veggies (D,G)
Sautéed Green Beans
Fruit Salad

TUESDAY

Cheese Pizza (D,G)
Roasted Veggie & Cheese Pizza (D,G)
Roasted Broccoli
Cookie (D,E,G,S)

WEDNESDAY

BBQ Pulled Chicken Sandwich (Bun: G)
BBQ Tofu Sandwich (S, Bun: G)
Vinegar Coleslaw
Roasted Yukon Potatoes
Roasted Pineapple w/Whipped Cream (D)*
**LS will have this for dessert on Thursday instead of Banana Bread*

THURSDAY

Turkey Taco Salad
Tofu Taco Salad (S)
Roasted Cauliflower
Mexican Rice
Banana Bread (D,E,G)

FRIDAY

Hot Dogs (Bun: G)
Veggie Hot Dogs (S, Bun: G)
Vegetable Crudites
HandCut Potato Chips
Watermelon Wedges

Eat Local

Though "local food" doesn't have a concrete definition, it typically refers to products that are grown and processed within a small radius from where it is sold.

HandCut sticks to a 300-mile rule.

When the distance and time from harvest to plate is shortened, foods are known to be more nutrient dense, not to mention more flavorful. Why? Because they are picked at their peak ripeness—the tomatoes are beginning to show red on the vine, the peppers are fully grown and colorful, and the lettuce is lush, spending the perfect amount of time in the sun before turning too bitter.

Food that travels hundreds, even thousands of miles to reach your grocery store or favorite restaurant is harvested well before its peak ripeness so that it can survive the lengthy travel ahead. The longer an ingredient sits after harvest, the more it diminishes in flavor and nutrient value.



HANDCUT FOODS

Contact us at latin@handcutfoods.com
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.