

Agra School Lunch Program – Lunch Menu

2022-2023 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|

- *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|

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

Chicken Caesar Wrap – flour tortilla, roasted garlic aioli, roasted chicken, organic romaine, organic tomato, parmesan cheese, caesar dressing |CONTAINS GLUTEN| |CONTAINS DAIRY| |CONTAINS SOY|

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

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

- *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|

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

Chicken Quesadillas – flour tortillas, mozzarella cheese, roasted chicken, sunflower oil – served with a side of fresh pico de gallo – entrée includes two quesadillas per serving |CONTAINS GLUTEN| |CONTAINS DAIRY|

- *Vegetarian Option: Cheese Quesadillas – flour tortillas, mozzarella cheese, sunflower oil – served with a side of fresh pico de gallo – entrée includes two quesadillas* |CONTAINS GLUTEN| |CONTAINS DAIRY|

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

- *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|

- *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**|

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 |**CONTAINS GLUTEN**| **CONTAINS DAIRY**|

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

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 |**CONTAINS GLUTEN**| **CONTAINS DAIRY**|

- *Vegetarian Option: Quinoa Veggie Wrap – flour tortilla, tri-colored quinoa, carrots, organic spinach, hummus* |**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 or brown rice

Basil Turkey BLT – multi-grain bread, 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|

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|

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|