



# 2021 - 2022 Lunch Program

DEADLINE TO PLACE 1st TRIMESTER ORDERS IS:

**Friday, September 3<sup>rd</sup>**

## **Annual Lunch Program: September 8<sup>th</sup> – June 8<sup>th</sup>**

Annual Ordering allows you to select your menu options and pay for the lunch program at a reduced price for the entire school year. Changes to the entrée or a-la-carte selections for pie-tanza lunches can be made throughout the year.

## **1st Trimester Lunch Program: September 8<sup>th</sup> – November 23<sup>rd</sup>**

Trimester Ordering allows you the flexibility of purchasing lunch one trimester at a time.

*2<sup>nd</sup> Trimester (December 1<sup>st</sup> – March 4<sup>th</sup>)*

*3<sup>rd</sup> Trimester (March 8<sup>th</sup> – June 7<sup>th</sup>)*

Ordering for the 2<sup>nd</sup> Trimester will open in November

### **To place an order, fill out the online form on the LCDS Website**

- Go to the LCDS website [www.LCDS.org](http://www.LCDS.org)
- Select "MY LCDS" from the Quicklinks menu
- Click on "Lunch Program" under Parent Links
- Select the first trimester order form

***Be sure to complete and submit one form per student.***

### **Pay Online**


Credit cards will be processed directly online.


### **Late Orders**


Due to the lead time required to place orders with our vendors, lunch service will begin two weeks following the receipt of any late orders completed after the deadline and will not be prorated.


Please contact Susan Stewart with any questions. Email: [susan.stewart@lcds.org](mailto:susan.stewart@lcds.org) or Call:  
703.777.3841


## Menu Options & Pricing

MONDAY	Menu Item	Annual 29 Weeks	First Trimester 10 Weeks	Second Trimester 9 Weeks	Third Trimester 10 Weeks
 <p><i>Smart Lunch by Pie-Tanza is a locally owned and operated, full service, casual dining restaurant located in Arlington, Virginia. They proudly feature all natural, nitrate and additive free deli meats, all natural cheeses, fresh fruit and vegetables, and scratch made sauces and dressings.</i></p>	<b>Meals from pie-tanza include one entree selection, fresh strawberries, choice of carrot sticks or broccoli florets w/ranch dip, and brownie bites</b>				
	<b>Regular Entrée Meal</b> Entrée selected when ordering can be changed during the year with 1 week notice.	\$218	\$81	\$73	\$81
	<b>Premium Entrée Meal</b>	\$314	\$117	\$106	\$117
	<b>A-La-Carte Item:</b>	\$105	\$39	\$36	\$39
	<ul style="list-style-type: none"> <li>• Meatballs in Sauce</li> <li>• 7.5oz Mac &amp; Cheese</li> <li>• Chicken Tenders</li> <li>• Side Caesar Salad</li> </ul>				
<b>Regular Entrée Selections:</b> <ul style="list-style-type: none"> <li>• Buttered Noodles – Penne Noodles tossed with Butter w/side of Parmesan</li> <li>• Spaghetti &amp; Meatballs – Homemade Marinara, All-Beef Meatballs w/side of Parmesan</li> <li>• Penne &amp; Sauce – Homemade Marinara w/side of Parmesan</li> <li>• Cheese Calzone – All Natural Cheese w/side of Marinara</li> <li>• Pepperoni Calzone – All Natural Cheese and Uncured Additive Free Pepperoni w/side of Marinara</li> <li>• 6" Turkey &amp; Provolone Sub</li> <li>• 6" Ham &amp; Cheddar Sub</li> <li>• 6" Meatball Parmesan Sub – All-Beef Meatballs, Marinara, Mozzarella, Parmesan</li> <li>• Chicken Caesar Salad – Chopped Grilled Chicken, Romaine, Shredded Parmesan, Brioche Croutons w/side of Caesar Dressing</li> <li>• Garden Salad – Mixed Field Greens, Mini Heirloom Tomatoes, Cucumber, Shredded Carrots, Chopped Cheddar/Jack Blend w/side of Oregano Vinaigrette</li> <li>• Chicken Tenders – 2x 2oz Chicken Tenders</li> </ul> <b>Premium Entrée Selections:</b> <ul style="list-style-type: none"> <li>• Sweet Tomato Penne Pasta – Shaved Rosemary Chicken, Sautéed Spinach, Sweet Tomatoes in a Garlic Parmesan Cream Sauce</li> <li>• Antipasto Salad – Mixed Field Greens, Spinach, Arugula, All-Natural Salami, Pepperoni, Prosciutto, Kalamata Olives, Cucumber, Artichoke Hearts, and Fresh Mozzarella w/side of Red Wine Vinaigrette</li> </ul>					

TUESDAY	Menu Item	Annual 34 Weeks	First Trimester 10 Weeks	Second Trimester 11 Weeks	Third Trimester 13 Weeks
 <p><i>Not a thick crust. Not a thin crust. Toppings to the edge. A sweeter sauce. Cup &amp; Char pepperoni. Huge 18" pies.</i></p>	<b>All baddpizza meals include Yoplait Gogurt baddpizza slices are large slices from an 18" pie</b>				
	Cheese Pizza – 1 slice	\$153	\$50	\$55	\$65
	Cheese Pizza – 2 slices	\$179	\$58	\$64	\$75
	Pepperoni Pizza – 1 slice	\$170	\$55	\$61	\$72
	Pepperoni Pizza – 2 slices	\$196	\$63	\$69	\$82
	Cheesy Garlic Bread & Sauce	\$259	\$82	\$91	\$107
	4 Pizza Logs & Sauce (pepperoni and cheese in an egg roll wrapper)	\$238	\$76	\$84	\$99
	Personal 8"x 6" Pizza	\$279	\$89	\$98	\$116
	<ul style="list-style-type: none"> <li>• Veggie Pizza (mushrooms, red onion, green peppers, black olives)</li> <li>• Meat Lovers Pizza (pepperoni, Italian sausage, meatballs)</li> <li>• Deluxe Pizza (pepperoni, mushrooms, red onion, banana peppers)</li> <li>• Hawaiian Pizza (pineapple chunks, ham, bacon)</li> </ul>				

WEDNESDAY	Menu Item	Annual 36 Weeks	First Trimester 11 Weeks	Second Trimester 12 Weeks	Third Trimester 13 Weeks
 <p>Smart Lunch by Pie-Tanza is a locally owned and operated, full service, casual dining restaurant located in Arlington, Virginia. They proudly feature all natural, nitrate and additive free deli meats, all natural cheeses, fresh fruit and vegetables, and scratch made sauces and dressings.</p>	<b>Meals from pie-tanza include one entree selection, orange wedges, choice of carrot sticks or broccoli florets w/ranch dip, and chocolate pudding</b>				
	<b>Regular Entrée Meal</b> Entrée selected when ordering can be changed during the year with 1 week notice.	\$270	\$90	\$98	\$106
	<b>Premium Entrée Meal</b>	\$389	\$129	\$141	\$153
	<b>A-La-Carte Item:</b> <ul style="list-style-type: none"> <li>Chips &amp; Mild Queso</li> <li>7.5oz Mexican Rice</li> <li>Chicken Tenders</li> <li>Side Garden Salad</li> </ul>	\$130	\$43	\$47	\$51
	<b>Regular Entrée Selections:</b> <ul style="list-style-type: none"> <li>Cheese Quesadilla – 12” White Flour Tortilla, Shredded Jack/Cheddar Cheese</li> <li>Chicken &amp; Cheese Quesadilla – 12” White Flour Tortilla, Chopped Grilled Chicken, Shredded Jack/Cheddar Cheese</li> <li>Beef &amp; Cheese Quesadilla – 12” White Flour Tortilla, Taco Meat, Shredded Jack/Cheddar Cheese</li> <li>Cheese &amp; Rice Burrito – Mexican Rice, Shredded Jack/Cheddar Cheese</li> <li>Chicken Burrito – Chopped Grilled Chicken, Mexican Rice, Shredded Jack/Cheddar Cheese</li> <li>Beef Burrito – Taco Meat, Mexican Rice, Shredded Jack/Cheddar Cheese</li> <li>Bean Burrito – Organic Black Beans, Mexican Rice, Shredded Jack/Cheddar Cheese</li> <li>Chicken Caesar Salad – Chopped Grilled Chicken, Romaine, Shredded Parmesan, Brioche Croutons w/side of Caesar Dressing</li> <li>Garden Salad – Mixed Field Greens, Mini Heirloom Tomatoes, Cucumber, Shredded Carrots, Chopped Cheddar/Jack Blend w/side of Oregano Vinaigrette</li> <li>Chicken Tenders – 2x 2oz Chicken Tenders</li> <li>Buttered Noodles – Penne Noodles Tossed with Butter w/side of Parmesan</li> </ul> <b>Premium Entrée Selections:</b> <ul style="list-style-type: none"> <li>Taco Salad – Chopped Romaine and Iceberg with Taco Meat, Mexican Rice, Organic Black Beans, Shredded Jack/Cheddar Cheese, Grilled Corn, Diced Tomato, Chopped Cilantro, Tortilla Strips, Sour Cream w/side of Mild Salsa</li> <li>Turkey &amp; Avocado Wrap – Oven Roasted Turkey Breast, Avocado, Arugula, Peppered Bacon, Caramelized Sweet Onions, Roma Tomatoes and Herb Mayo on a Whole Wheat Tortilla</li> </ul>				

THURSDAY	Menu Item	Annual 35 Weeks	First Trimester 11 Weeks	Second Trimester 12 Weeks	Third Trimester 12 Weeks
 <p>A familiar favorite, Chick-fil-A focuses on fresh and simple ingredients. They serve chicken that is whole breast meat with no added fillers or hormones, produce that is delivered fresh several times a week, and salads that are prepared daily.</p>	Chicken Sandwich	\$168	\$58	\$63	\$63
	Spicy Chicken Sandwich	\$186	\$64	\$70	\$70
	Chilled Grilled Sub Sandwich (lettuce, tomato, cheese with or without grilled chicken)	\$249	\$85	\$93	\$93
	Veggie Wrap (lettuce, cheese, corn, beans)	\$270	\$93	\$101	\$101
	Grilled Chicken Cool Wrap	\$291	\$99	\$108	\$108
	Grilled Chicken Cool Wrap (Half)	\$165	\$57	\$62	\$62
	Chicken Biscuit	\$119	\$41	\$45	\$45
	Petite Grilled Chicken Side Salad	\$196	\$68	\$74	\$74
	Grilled Chicken Market Salad	\$371	\$127	\$138	\$138
	Spicy Southwest Salad	\$371	\$127	\$138	\$138
	Small Fruit Cup	\$112	\$39	\$42	\$42
	<b>Make It a Box Meal</b> Includes chips, cookie, and mint (Add to any Chick-fil-A selection)	\$140	\$48	\$52	\$52

FRIDAY	Menu Item	Annual 33 Weeks	First Trimester 10 Weeks	Second Trimester 12 Weeks	Third Trimester 11 Weeks
 <p data-bbox="90 428 410 657"><i>Smart Lunch by Pie-Tanza is a locally owned and operated, full service, casual dining restaurant located in Arlington, Virginia. They proudly feature all natural, nitrate and additive free deli meats, all natural cheeses, fresh fruit and vegetables, and scratch made sauces and dressings.</i></p>	<b>Meals from pie-tanza include one entree selection, fresh red grapes, choice of carrot sticks or broccoli florets w/ranch dip, and brownie bites</b>				
	<b>Regular Entrée Meal</b> Entrée selected when ordering can be changed during the year with 1 week notice.	\$248	\$81	\$98	\$90
	<b>Premium Entrée Meal</b>	\$357	\$117	\$141	\$129
	<b>A-La-Carte Item:</b> <ul style="list-style-type: none"> <li>• Ham &amp; Cheese Tortilla Roll Up</li> <li>• 7.5oz Mac &amp; Cheese</li> <li>• Chicken Tenders</li> <li>• Side Garden Salad</li> </ul>	\$119	\$39	\$47	\$43
	<b>Regular Entrée Selections:</b> <ul style="list-style-type: none"> <li>• Hamburger – 4oz Patty, White Bun</li> <li>• Cheeseburger – 4oz Patty, American Cheese, White Bun</li> <li>• Hot Dog – All-Beef Hot Dog, White Bun</li> <li>• Grilled Cheese Sandwich – Italian Panini Bread Lightly Brushed with Olive Oil, American Cheese</li> <li>• Grilled Ham &amp; Cheese Sandwich – Italian Panini Bread Lightly Brushed with Olive Oil, Fire Roasted Ham, American Cheese</li> <li>• Grilled Chicken Wrap – Whole Wheat Tortilla, Chopped Grilled Chicken, Shredded Iceberg, Roma Tomatoes, Jack/Cheddar Cheese, Mayo on the side</li> <li>• Chicken Caesar Salad – Chopped Grilled Chicken, Romaine, Shredded Parmesan, Brioche Croutons w/side of Caesar Dressing</li> <li>• Garden Salad – Mixed Field Greens, Mini Heirloom Tomatoes, Cucumber, Shredded Carrots, Chopped Cheddar/Jack Blend w/side of Oregano Vinaigrette</li> <li>• Chicken Tenders – 2x 2oz Chicken Tenders</li> <li>• Mac &amp; Cheese – Elbow Macaroni in a Creamy Cheddar Cheese Sauce</li> <li>• Buttered Noodles – Penne Noodles Tossed with Butter w/side of Parmesan</li> </ul> <b>Premium Entrée Selections:</b> <ul style="list-style-type: none"> <li>• Spicy Sausage Pasta – Hot &amp; Mild Italian Link Sausage, Tri-Color Peppers, Sweet Onions with Penne in a Light and Spicy Red Sauce</li> <li>• Caprese Sandwich – Mozzarella, Roma Tomatoes, Basil, Mixed Field Greens on Ciabatta Bread with Red Wine Vinaigrette on the side</li> </ul>				