

RUTH ASAWA SCHOOL OF THE ARTS

Breakfast (Main Line), SEP 21 2025 - SEP 27 2025

21 Sunday	22 Monday
ENTREES <ul style="list-style-type: none"> A menu has not been published for this day. 	ENTREES <ul style="list-style-type: none"> Bagel, Whole Grain <i>(50g Carbs)</i> Blueberry Bagel & Cream Cheese* <i>(50g Carbs)</i> Chocolate Bagel & Cream Cheese <i>(53g Carbs)</i> Chocolate Chip Scone <i>(50.3g Carbs)</i> Everything Bagel & Cream Cheese* <i>(54g Carbs)</i> Organic Chocolate Cornballs <i>(48.86g Carbs)</i> Organic Cinnamon Cornballs <i>(48.86g Carbs)</i> Organic Yogurt Parfait <i>(78.1g Carbs)</i>
23 Tuesday	24 Wednesday
ENTREES <ul style="list-style-type: none"> Organic Chocolate Cornballs <i>(48.86g Carbs)</i> Organic Cinnamon Cornballs <i>(48.86g Carbs)</i> Organic Yogurt Parfait <i>(78.1g Carbs)</i> Pancakes, Whole Grain with Fruit Compote <i>(43.65g Carbs)</i> Scrambled Eggs, Turkey Sausage, and Toast <i>(20.16g Carbs)</i> Whole Grain Waffles with Fruit Compote <i>(40.98g Carbs)</i> 	ENTREES <ul style="list-style-type: none"> Bagel, Whole Grain <i>(50g Carbs)</i> Blueberry Bagel & Cream Cheese* <i>(50g Carbs)</i> Chocolate Bagel & Cream Cheese <i>(53g Carbs)</i> Chocolate Chip Scone <i>(50.3g Carbs)</i> Everything Bagel & Cream Cheese* <i>(54g Carbs)</i> Organic Chocolate Cornballs <i>(48.86g Carbs)</i> Organic Cinnamon Cornballs <i>(48.86g Carbs)</i> Organic Yogurt Parfait <i>(78.1g Carbs)</i>
25 Thursday	26 Friday
ENTREES <ul style="list-style-type: none"> Organic Chocolate Cornballs <i>(48.86g Carbs)</i> Organic Cinnamon Cornballs <i>(48.86g Carbs)</i> Organic Yogurt Parfait <i>(78.1g Carbs)</i> Pancakes, Whole Grain with Fruit Compote <i>(43.65g Carbs)</i> Scrambled Eggs, Turkey Sausage, and Toast <i>(20.16g Carbs)</i> Whole Grain Waffles with Fruit Compote <i>(40.98g Carbs)</i> 	ENTREES <ul style="list-style-type: none"> Bagel, Whole Grain <i>(50g Carbs)</i> Blueberry Bagel & Cream Cheese* <i>(50g Carbs)</i> Breakfast Burrito with Roasted Potatoes, Avocado, and Pico De Gallo <i>(54.41g Carbs)</i> Chocolate Bagel & Cream Cheese <i>(53g Carbs)</i> Everything Bagel & Cream Cheese* <i>(54g Carbs)</i> Organic Chocolate Cornballs <i>(48.86g Carbs)</i> Organic Cinnamon Cornballs <i>(48.86g Carbs)</i> Organic Yogurt Parfait <i>(78.1g Carbs)</i>
27 Saturday	
ENTREES <ul style="list-style-type: none"> A menu has not been published for this day. 	

RUTH ASAWA SCHOOL OF THE ARTS

Lunch (Main Line), SEP 28 2025 - OCT 4 2025

28 Sunday	29 Monday
ENTREES <ul style="list-style-type: none"> A menu has not been published for this day. 	ENTREES <ul style="list-style-type: none"> Cheese Ravioli with Roasted Tomato Sauce and a Dinner Roll (RF) <i>(48.81g Carbs)</i> Chicken Caesar Salad Wrap <i>(43.15g Carbs)</i> Tofu Vegan Caesar Salad Wrap <i>(44.45g Carbs)</i> Zigni Beef Stew with Rice <i>(51.15g Carbs)</i> Zigni Vegetarian Stew with Rice (RF) <i>(80.84g Carbs)</i>
30 Tuesday	1 Wednesday
ENTREES <ul style="list-style-type: none"> Beef Meatballs with Soba <i>(35.41g Carbs)</i> Chana Dal with Rice <i>(85.09g Carbs)</i> Chicken Patty with Waffle <i>(48g Carbs)</i> Plant-Based Nuggets with Waffle <i>(42g Carbs)</i> Vegan Meatballs with Noodles <i>(43.41g Carbs)</i> 	ENTREES <ul style="list-style-type: none"> Chicken Banh Mi Sandwich <i>(43.02g Carbs)</i> Mac & Cheese <i>(51.8g Carbs)</i> Tofu Banh Mi Sandwich <i>(47.19g Carbs)</i>
2 Thursday	3 Friday
ENTREES <ul style="list-style-type: none"> Cheese Tamale with Beans <i>(36.2g Carbs)</i> Chicken Tamale with Beans <i>(33.2g Carbs)</i> Crispy Chicken Sandwich <i>(56.47g Carbs)</i> Garlic Shrimp Stir Fry with Rice <i>(0g Carbs)</i> Hot Basil Eggplant with Tofu and Rice <i>(67.62g Carbs)</i> 	ENTREES <ul style="list-style-type: none"> Chefs Choice Cheese Pizza with Vegetables (RF) <i>(38.27g Carbs)</i> Chefs Choice Pepperoni Pizza with Vegetables (RF) <i>(37.27g Carbs)</i> Chicken Adobo <i>(63.6g Carbs)</i> Pesto Veggie Pizza <i>(39.74g Carbs)</i> Vegan Tofu Adobo <i>(69.92g Carbs)</i>
4 Saturday	
ENTREES <ul style="list-style-type: none"> A menu has not been published for this day. 	

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RUTH ASAWA SCHOOL OF THE ARTS

Lunch (Main Line), OCT 5 2025 - OCT 11 2025

5 Sunday	6 Monday
ENTREES <ul style="list-style-type: none"> A menu has not been published for this day. 	ENTREES <ul style="list-style-type: none"> Grilled Cheese on Baguette with Tomato Soup <i>(51.35g Carbs)</i> Grilled Tofu on Baguette with Tomato Soup <i>(55.05g Carbs)</i> Spaghetti with Lentil Marinara <i>(72.46g Carbs)</i> Spaghetti with Turkey Marinara <i>(46.91g Carbs)</i> Spicy Korean Chicken Wings w/ Rice McAteer <i>(52.31g Carbs)</i> Spicy Plant-Based Wings with Rice <i>(65.31g Carbs)</i>
7 Tuesday	8 Wednesday
ENTREES <ul style="list-style-type: none"> Cheeseburger <i>(36g Carbs)</i> Chicken Tikka Masala w/ Rice <i>(61.96g Carbs)</i> Chickpea Tikka Masala <i>(86.5g Carbs)</i> Curry Noodles with Tofu <i>(49.82g Carbs)</i> Hamburger <i>(36g Carbs)</i> 	ENTREES <ul style="list-style-type: none"> Chicken Banh Mi Sandwich <i>(43.02g Carbs)</i> Pasta Alfredo <i>(50.34g Carbs)</i> Tofu Banh Mi Sandwich <i>(47.19g Carbs)</i>
9 Thursday	10 Friday
ENTREES <ul style="list-style-type: none"> BBQ Chicken Drumstick with Cornbread <i>(39.76g Carbs)</i> BBQ Plant-Based Nuggets with Baked Cornbread <i>(50.76g Carbs)</i> Bean and Cheese Pupusa <i>(35g Carbs)</i> Vietnamese Noodle Salad with Tofu <i>(43.03g Carbs)</i> 	ENTREES <ul style="list-style-type: none"> Chefs Choice Cheese Pizza with Vegetables (RF) <i>(38.27g Carbs)</i> Chefs Choice Pepperoni Pizza with Vegetables (RF) <i>(37.27g Carbs)</i> Chicken Teriyaki with Rice <i>(61.97g Carbs)</i> Pesto Veggie Pizza <i>(39.74g Carbs)</i>
11 Saturday	
ENTREES <ul style="list-style-type: none"> A menu has not been published for this day. 	

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RUTH ASAWA SCHOOL OF THE ARTS

Supper (Main Line), SEP 28 2025 - OCT 4 2025

28 Sunday	29 Monday
ENTREES <ul style="list-style-type: none"> A menu has not been published for this day. 	ENTREES <ul style="list-style-type: none"> Organic Yogurt Parfait (78.1g Carbs) Pepperoni Pizza (33g Carbs)
30 Tuesday	1 Wednesday
ENTREES <ul style="list-style-type: none"> Bean and Cheese Pupusa (35g Carbs) Chicken Taco Salad with Tortilla Chips (RF) (61.37g Carbs) 	ENTREES <ul style="list-style-type: none"> Ham & Cheddar Wrap (35.52g Carbs) Hummus & Cheddar Sandwich (RF) (50.07g Carbs)
2 Thursday	3 Friday
ENTREES <ul style="list-style-type: none"> Ranch Salad Wrap with Garbanzo Beans (RF) (57.77g Carbs) Vegan Tofu Fried Rice (RF) (39.17g Carbs) 	ENTREES <ul style="list-style-type: none"> Italian Pasta Salad with Mozzarella (66.4g Carbs) Thai Chili Drumstick with Rice (RF) (73.55g Carbs)
4 Saturday	
ENTREES <ul style="list-style-type: none"> A menu has not been published for this day. 	

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RUTH ASAWA SCHOOL OF THE ARTS

Supper (Main Line), OCT 5 2025 - OCT 11 2025

5 Sunday	6 Monday
ENTREES <ul style="list-style-type: none"> A menu has not been published for this day. 	ENTREES <ul style="list-style-type: none"> All Beef Hot Dog (RF) <i>(26g Carbs)</i> Organic Yogurt Parfait <i>(78.1g Carbs)</i>
7 Tuesday	8 Wednesday
ENTREES <ul style="list-style-type: none"> Cheese and Green Chili Tamale, Del Real 766 <i>(29g Carbs)</i> Fajita Taco Salad with Pea Protein, Beans, and Corn (RF) <i>(77.92g Carbs)</i> 	ENTREES <ul style="list-style-type: none"> Ham & Cheddar Wrap <i>(35.52g Carbs)</i> Hummus & Cheddar Sandwich (RF) <i>(50.07g Carbs)</i>
9 Thursday	10 Friday
ENTREES <ul style="list-style-type: none"> Cheese Pizza <i>(35g Carbs)</i> Chicken Ranch Wrap <i>(33.79g Carbs)</i> 	ENTREES <ul style="list-style-type: none"> 3 Layer Greek Bean Dip served with Tortilla Chips <i>(57.87g Carbs)</i> Chicken Bites with 2oz Dinner Roll <i>(44.04g Carbs)</i>
11 Saturday	
ENTREES <ul style="list-style-type: none"> A menu has not been published for this day. 	

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