

Spring/Fall BREAKFAST (PreK 3/4 -8th) HHFKA K-8 (age 5-13)

Menu subject to change. For any questions or comments please contact us directly at menu@luncherasdisi.com

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|---|
| <p align="right">10/03/2022</p> <p>WG Pancakes & Turkey Sausage on a Stick** Veggie Patty & WG Pancakes (V) Turkey Sausage Patty & WG Pancakes* Fresh Apples Choice of Milk</p> | <p align="right">10/04/2022</p> <p>Chocolate Chip Oatmeal Muffin (V) Bananas Choice of Milk</p> | <p align="right">10/05/2022</p> <p>WG Bagel (V/VG) w/ Cream Cheese & Jelly Cranberry Juice Choice of Milk</p> | <p align="right">10/06/2022</p> <p>One-Pan Breakfast Potato, Egg Scramble & Roll (V) Fresh Pears Choice of Milk</p> | <p align="right">10/07/2022</p> <p>NO SCHOOL TODAY</p> |
| <p align="right">10/10/2022</p> <p>NO SCHOOL TODAY</p> | <p align="right">10/11/2022</p> <p>Homemade WW Sweet Potatoes Waffles (V/VG) Sweet Potato Waffles (V) Syrup Maple (ss) Fresh Apples Choice of Milk</p> | <p align="right">10/12/2022</p> <p>Homemade WW Banana Bread (V/VG) Mozzarella Cheese Stick** Orange Pineapple Juice Choice of Milk</p> | <p align="right">10/13/2022</p> <p>Assorted Light Yogurt & Granola (V/VG) Fresh Pears Choice of Milk</p> | <p align="right">10/14/2022</p> <p>WG Blueberry Muffin (V) Bananas Choice of Milk</p> |
| <p align="right">10/17/2022</p> <p>Cereal Cheerios Multigrain (V/VG) Bananas Choice of Milk</p> | <p align="right">10/18/2022</p> <p>Pillsbury Mini Cinnis Cinnamon Fresh Apples Choice of Milk</p> | <p align="right">10/19/2022</p> <p>WW Taco Breakfast incl. (Egg, Cheese & Tkey Bacon) Taco Bk. w/Tofu, Vegan Ch. & Veggie Crumbles (V/VG) Fresh Pears Choice of Milk</p> | <p align="right">10/20/2022</p> <p>WG French Toast Sticks (V/VG) Syrup Maple (ss) Fruit Punch Juice Choice of Milk</p> | <p align="right">10/21/2022</p> <p>Homemade Strawberry WW Muffin (V/VG) Fresh Tangerines Cranberry Dried(ss)** Choice of Milk</p> |
| <p align="right">10/24/2022</p> <p>Cinnamon Soft Round Granola Bar (V) Fresh Apples Choice of Milk</p> | <p align="right">10/25/2022</p> <p>WW Zucchini Bread (V/VG) Go Gurts Fresh Tangerines Choice of Milk</p> | <p align="right">10/26/2022</p> <p>Whole Grain Pancakes (V) Strawberry Syrup Fresh Pears Choice of Milk</p> | <p align="right">10/27/2022</p> <p>WG English Muffin (V/VG) & Chicken Patty English Muffin w/ Meatless Patty (V/VG) Fruit Punch Juice Choice of Milk</p> | <p align="right">10/28/2022</p> <p>Eggo Mini Maple WW Waffles (V) Syrup Maple (ss) Bananas Choice of Milk</p> |
| <p align="right">10/31/2022</p> <p>Cinnamon Toast Crunch Cup (V/VG) Bananas Choice of Milk</p> | <p align="right">11/01/2022</p> <p>One-Pan Breakfast Potato, Egg Scramble & Roll (V) Fresh Pears Choice of Milk</p> | <p align="right">11/02/2022</p> <p>Pillsbury WW Mini Bagel Strawberry and Cheese Fresh Apples Choice of Milk</p> | <p align="right">11/03/2022</p> <p>Egg & Cheese Breakfast WW Quesadilla (V) Orange Juice Choice of Milk</p> | <p align="right">11/04/2022</p> <p>WG Cinnamon Roll (V) Fresh Tangerines Cranberry Dried(ss)** Choice of Milk</p> |

*** Denotes meal only for PreK. Prek 3/4 servings must include 6 oz of milk, 1/2 serving of grain and 1/2 cup of fruit or vegetables. PreK will always have sliced or finely chopped fruits.**

**** Denotes meal only for K to 8th (not PreK)**

Locally Grown Components Daily Served: According to the season fruits and vegetables locally grown will be added on Breakfast and Lunch menu: *Apples (PA/ VA/MD), Pears (PA/ MD), Sweet Potatoes (VA)*

Available Choice of Milk: Unflavored 1% or skim milk, Lactose Free or Soy (Upon request).

Dairy - Free (DF), Gluten Free (GF), Vegan (VG), Vegetarian (V) options available daily upon request.

WG = Whole Grain WW = Whole Wheat

Sep 22, 2022