

**Spring/Fall - LUNCH (Prek 3/4 to 8th) HHFKA K-8
(age 5-13)**

Monday	Tuesday	Wednesday	Thursday	Friday
<p align="right">10/03/2022</p> <p>Chicken Drumstick** Grilled Chicken* Baked Chickenless (V/VG) Savory Brown Rice Pilaf Green Beans & Corn Fruit Punch Juice Choice of Milk</p>	<p align="right">10/04/2022</p> <p>Turkey Hot Dog** on a WG Bun Veggie Hot Dog** WW Grilled Cheese Sandwich* Black Beans & Corn Salad Mayonnaise SS Pouch (LS) Ketchup (ss) Fresh Pears Choice of Milk</p>	<p align="right">10/05/2022</p> <p>Chicken Salad WW Sandwich Chicken Meatless Salad WW Sandwich (V) Fresh Broccoli Ranch Dressing (ss) Apples Choice of Milk</p>	<p align="right">10/06/2022</p> <p>WG Pasta & Turkey Meat Sauce WG Pasta & Turkey Meatless Sauce (V/VG) Bananas Choice of Milk</p>	<p align="right">10/07/2022</p> <p align="center">NO SCHOOL TODAY</p>
<p align="right">10/10/2022</p> <p align="center">NO SCHOOL TODAY</p>	<p align="right">10/11/2022</p> <p>Cheese Beef Burger & WG Bun Cheese Veggie Burger & WG Bun (V) Roasted Broccoli and Carrots Ketchup (ss) Fresh Pears Choice of Milk</p>	<p align="right">10/12/2022</p> <p>Great Garden Stew w/ Squash, Corn & K.Beans Meatless Stew w/ Squash, Corn & Beans (V) Steamed Brown Rice Cranberry Dried(ss)** Fresh Oranges* Choice of Milk</p>	<p align="right">10/13/2022</p> <p>Turkey Sloppy Joe on a WG Bun Veggie Sloppy Joe on a WG Bun (V/VG) Roasted Potatoes & Green Beans Medley Apples Choice of Milk</p>	<p align="right">10/14/2022</p> <p>Stir-Fry Chicken, Squash & Corn over Brown Rice Chicken Meatless, Squash Corn & Brown Rice (V/VG) Fruit Punch Juice Choice of Milk</p>
<p align="right">10/17/2022</p> <p>BBQ Chicken on a WG Slider BBQ Chicken Meatless WG Slider (V/VG) Sweet Potato Tater Tots Fresh Pears Choice of Milk</p>	<p align="right">10/18/2022</p> <p>WG Mac & Cheese (V) Green Beans & Corn Medley Orange Pineapple Juice Choice of Milk</p>	<p align="right">10/19/2022</p> <p>Hawaiian Chicken WW Wrap w/ Broccoli & Carrot H. Chicken Meatless Wrap w/Broccoli & Carrots (V) Bananas Choice of Milk</p>	<p align="right">10/20/2022</p> <p>BYO Turkey Nachos WG w/ Romaine & Corn Pico BYO Meatless Nachos WG w/Rom. & Corn Pico (V/VG) Sour Cream (ss) Raisin Strawberry (ss)** Fresh Oranges* Choice of Milk</p>	<p align="right">10/21/2022</p> <p>Spanish B. Rice w/Chicken Kidney Beans & Tomato B.Rice w/Chicken Meatless Kidney Bean & Tomato V/VG Apples Choice of Milk</p>
<p align="right">10/24/2022</p> <p>Grilled Chicken Baked Chickenless (V/VG) Brown Rice w/ Bl. Beans & Sweet Plantains (V) Fresh Pears Choice of Milk</p>	<p align="right">10/25/2022</p> <p>WG Caprese Pasta (V) Fruit Punch Juice Choice of Milk</p>	<p align="right">10/26/2022</p> <p>Chicken Caesar WW Wrap Chicken Meatless Caesar WW Wrap (V) Sweet Corn Bananas Choice of Milk</p>	<p align="right">10/27/2022</p> <p>WG Penne Pasta & Beef Meatballs WG Penne Pasta & Veggie Meatballs (V/VG) Apples Choice of Milk</p>	<p align="right">10/28/2022</p> <p>Cheese Lunch Pizza w/ Chicken & Beef Pepperoni Cheese Lunch Pizza (V) Broccoli Ranch Dressing (ss) Fresh Tangerines Choice of Milk</p>

10/31/2022

Pillsbury Pull-Apart
Italian Cheese & Garlic
Balela Salad w/ Garbanzo,
Tomato & Cucumber
Apples
Choice of Milk

11/01/2022

Chicken Drumstick**
Grilled Chicken*
Baked Chickenless (V/VG)
Savory Brown Rice Pilaf
Fresh Green Beans
Fruit Punch Juice
Choice of Milk

11/02/2022

Chicken Salad
WW Sandwich
Chicken Meatless Salad
WW Sandwich (V)
Fresh Broccoli
Ranch Dressing (ss)
Cranberry Dried Orange**
Choice of Milk

11/03/2022

WG Pasta & Turkey
Meat Sauce
WG Pasta & Turkey
Meatless Sauce (V/VG)
Bananas
Choice of Milk

11/04/2022

Cheese Beef Burger
& WG Bun
Cheese Veggie Burger
& WG Bun (V)
Potato French Fries
Mayonnaise SS Pouch (LS)
Ketchup (ss)
Fresh Pears
Choice of Milk

Prek 3/4 servings must include 6 oz of unflavored skim and 1% milk. 1-1.5 M/MA, 1/2 serving of grain, 1/4 cup of fruit and 1/4 cup of vegetables. PreK will always have sliced or finely chopped fruits.

*** MEALS ONLY FOR PreK**

**** 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/or Lunch menu: Apples (MD/PA/VA), Pears (MD/ PA), Broccoli (PA/MD), Carrots (MD, PA), Tomatoes (PA/MD/ MD), Sweet Potatoes (VA), Cauliflower (PA/MD), Peppers (PA/VA), Celery (PA), Lettuce (PA/NJ), Spinach (MD),Zucchini (MD, NC), Squash (MD), Onions (MD). Carrots (PA/MD), Peas (MD), Green Beans (DE/VA), Cucumbers (VA/MD)

**Available Choice of Milk: Unflavored 1%, Skim unflavored, 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

Please reach out to us if you have questions or comments at menu@luncherasdisi.com

Sep 28, 2022