

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">08/22/2022</p> <p>Cinnamon Toast Crunch Cup (V/VG) Yoplait Yogurt Bananas Choice of Milk</p>	<p align="right">08/23/2022</p> <p>WW Taco Breakfast incl. (Egg, Cheese & Tkey Bacon) Fruit Punch Juice Choice of Milk</p>	<p align="right">08/24/2022</p> <p>WW Zucchini Bread (V) Fresh Oranges Cranberry Dried Choice of Milk</p>	<p align="right">08/25/2022</p> <p>WG French Toast Sticks (V) Maple Syrup (ss) Fresh Apples Choice of Milk</p>	<p align="right">08/26/2022</p> <p>Homemade Strawberry WW Muffin (V) Fresh Pears Choice of Milk</p>
<p align="right">08/29/2022</p> <p>Cereal WG Cheerios (V/VG) Yoplait Yogurt Fresh Apples Choice of Milk</p>	<p align="right">08/30/2022</p> <p>Whole Grain Pancakes (V) Strawberry Syrup Cranberry Juice Choice of Milk</p>	<p align="right">08/31/2022</p> <p>Grits, Cheese & Bacon Squares Grits, Vegan Cheese & Veggie Bacon Square(V/VG) Fresh Pears Choice of Milk</p>	<p align="right">09/01/2022</p> <p>Cinnamon Soft Round Granola Bar (V) Bananas Choice of Milk</p>	<p align="right">09/02/2022</p> <p>Homemade WW Sweet Potatoes Waffles (V) Syrup Maple (ss) Fresh Oranges Choice of Milk</p>
<p align="right">09/05/2022</p> <p>NO SCHOOL TODAY</p>	<p align="right">09/06/2022</p> <p>Homemade WW Pumpkin Bread (V) Mozzarella Cheese Stick** Fresh Pears Choice of Milk</p>	<p align="right">09/07/2022</p> <p>Cinn. Raisin WG Bagel(VG) Cream Cheese Jelly (ss) Fresh Apples Choice of Milk</p>	<p align="right">09/08/2022</p> <p>Strawberry Chocolate Overnight Oats (V) Bananas Choice of Milk</p>	<p align="right">09/09/2022</p> <p>WG Pancakes & Turkey Sausage on a Stick** Veggie Patty & WG Pancakes (V) Turkey Sausage Patty & WG Pancakes* Fresh Oranges Choice of Milk</p>
<p align="right">09/12/2022</p> <p>Yoplait Yogurt & Granola (V) Fresh Apples Choice of Milk</p>	<p align="right">09/13/2022</p> <p>WG Apple Strudel (V) Fresh Pears Choice of Milk</p>	<p align="right">09/14/2022</p> <p>Cereal Cheerios Multigrain (V/VG) Bananas Choice of Milk</p>	<p align="right">09/15/2022</p> <p>Turkey Sausage WG Pizza Breakfast Cheese WG Pizza Break.(V) Fruit Punch Juice Choice of Milk</p>	<p align="right">09/16/2022</p> <p>Chocolate Banana WW French Toast Baked (V) Fresh Oranges Cranberry Dried Strawberry Flavored** Choice of Milk</p>
<p align="right">09/19/2022</p> <p>Zucchini Cheddar WW Muffin (V) Fresh Pears Choice of Milk</p>	<p align="right">09/20/2022</p> <p>Cinnamon Toast Crunch Cup (V/VG) Bananas Choice of Milk</p>	<p align="right">09/21/2022</p> <p>WW Taco Breakfast incl. (Egg, Cheese & Tkey Bacon) Taco Breakfast w/Cheese Sub & Veggie Beef (V/VG) Cranberry Juice Choice of Milk</p>	<p align="right">09/22/2022</p> <p>WG French Toast Sticks (V) Maple Syrup (ss) Fresh Apples Choice of Milk</p>	<p align="right">09/23/2022</p> <p>NO SCHOOL TODAY</p>

09/26/2022

Whole Grain Pancakes (V)
Strawberry Syrup
Fruit Punch Juice
Choice of Milk

09/27/2022

WW Zucchini Bread (V)
Mozzarella Cheese Stick**
Fresh Apples
Choice of Milk

09/28/2022

NO SCHOOL TODAY

09/29/2022

Cereal WG Cheerios (V/VG)
Bananas
Choice of Milk

09/30/2022

Cinnamon Soft Round
Granola Bar (V)
Cranberry Dried
Raspberry**
Fresh Oranges
Choice of Milk

*** 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), Pears (PA/ MD), Sweet Potatoes (DE/ PA/ MD), Zucchini (MD / NC)*

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

Jul 27, 2022