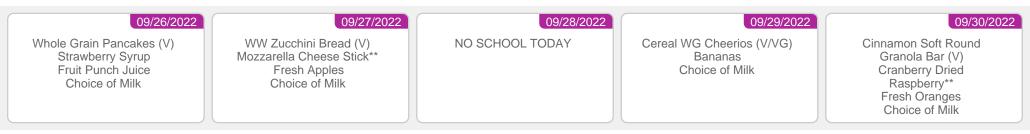
Spring/Fall BREAKFAST (PreK 3/4 -8th) HHFKA K-8 (age 5-13)

enu subject to change. For any questions or comments please contact us directly at menu@luncherasdisi.com				
Monday	Tuesday	Wednesday	Thursday	Friday
08/22/2022	08/23/2022	08/24/2022	08/25/2022	08/26/2022
Cinnamon Toast Crunch Cup (V/VG) Yoplait Yogurt Bananas Choice of Milk	WW Taco Breakfast incl. (Egg, Cheese &Tkey Bacon) Fruit Punch Juice Choice of Milk	WW Zucchini Bread (V) Fresh Oranges Cranberry Dried Choice of Milk	WG French Toast Sticks (V) Maple Syrup (ss) Fresh Apples Choice of Milk	Homemade Strawberry WW Muffin (V) Fresh Pears Choice of Milk
08/29/2022	08/30/2022	08/31/2022	09/01/2022	09/02/2022
Cereal WG Cheerios (V/VG) Yoplait Yogurt Fresh Apples Choice of Milk	Whole Grain Pancakes (V) Strawberry Syrup Cranberry Juice Choice of Milk	Grits, Cheese & Bacon Squares Grits, Vegan Cheese & Veggie Bacon Square(V/VG) Fresh Pears Choice of Milk	Cinnamon Soft Round Granola Bar (V) Bananas Choice of Milk	Homemade WW Sweet Potatoes Waffles (V) Syrup Maple (ss) Fresh Oranges Choice of Milk
09/05/2022	09/06/2022	09/07/2022	09/08/2022	09/09/2022
NO SCHOOL TODAY	Homemade WW Pumpkin Bread (V) Mozzarella Cheese Stick** Fresh Pears Choice of Milk	Cinn. Raisin WG Bagel(VG) Cream Cheese Jelly (ss) Fresh Apples Choice of Milk	Strawberry Chocolate Overnight Oats (V) Bananas Choice of Milk	WG Pancakes & Turkey Sausage on a Stick** Veggie Patty & WG Pancakes (V) Turkey Sausage Patty & WG Pancakes* Fresh Oranges Choice of Milk
09/12/2022	09/13/2022	09/14/2022	09/15/2022	09/16/2022
Yoplait Yogurt & Granola (V) Fresh Apples Choice of Milk	WG Apple Strudel (V) Fresh Pears Choice of Milk	Cereal Cheerios Multigrain (V/VG) Bananas Choice of Milk	Turkey Sausage WG Pizza Breakfast Cheese WG Pizza Break.(V) Fruit Punch Juice Choice of Milk	Chocolate Banana WW French Toast Baked (V) Fresh Oranges Cranberry Dried Strawberry Flavored** Choice of Milk
09/19/2022	09/20/2022	09/21/2022	09/22/2022	09/23/2022
Zucchini Cheddar WW Muffin (V) Fresh Pears Choice of Milk	Cinnamon Toast Crunch Cup (V/VG) Bananas Choice of Milk	WW Taco Breakfast incl. (Egg, Cheese &Tkey Bacon) Taco Breakfast w/Cheese Sub & Veggie Beef (V/VG) Cranberry Juice Choice of Milk	WG French Toast Sticks (V) Maple Syrup (ss) Fresh Apples Choice of Milk	NO SCHOOL TODAY



^{*} 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