

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

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

Turkey Bacon, Lettuce  
& Tomato (BLT) Wrap  
Veggie BLT WW Wrap  
w/Lettuce & Tomato (V)  
Ranch Dressing (ss)  
Cranberry Dried Orange\*\*  
Fresh Oranges\*  
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 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](mailto:menu@luncherasdisi.com)**

**Sep 15, 2022**