

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">11/07/2022</p> WG Pancakes & Turkey Sausage on a Stick** Veggie Patty & WG Pancakes (V) Turkey Sausage Patty & WG Pancakes* Syrup Maple (ss) Fresh Apples Choice of Milk	<p align="right">11/08/2022</p> Homemade WW Sweet Potatoes Waffles (V/VG) Syrup Maple (ss) Bananas Choice of Milk	<p align="right">11/09/2022</p> WG Bagel (V/VG) w/ Cream Cheese & Jelly Orange Juice Choice of Milk	<p align="right">11/10/2022</p> WG Apple Strudel (V) Fresh Pears Choice of Milk	<p align="right">11/11/2022</p> NO SCHOOL TODAY
<p align="right">11/14/2022</p> Assorted Light Yogurt & Granola (V/VG) Fresh Apples Choice of Milk	<p align="right">11/15/2022</p> Homemade WW Banana Bread (V/VG) Mozzarella Cheese Stick** Fruit Punch Juice Choice of Milk	<p align="right">11/16/2022</p> Cereal Cheerios Multigrain (V/VG) Go Gurts Fresh Tangerines Choice of Milk	<p align="right">11/17/2022</p> WG French Toast Sticks (V/VG) Syrup Maple (ss) Fresh Pears Choice of Milk	<p align="right">11/18/2022</p> WG Blueberry Muffin (V) Bananas Choice of Milk
<p align="right">11/21/2022</p> NO SCHOOL TODAY	<p align="right">11/22/2022</p> NO SCHOOL TODAY	<p align="right">11/23/2022</p> NO SCHOOL TODAY	<p align="right">11/24/2022</p> NO SCHOOL TODAY	<p align="right">11/25/2022</p> NO SCHOOL TODAY
<p align="right">11/28/2022</p> Cinnamon Soft Round Granola Bar (V) Fresh Tangerines Choice of Milk	<p align="right">11/29/2022</p> WW Zucchini Bread (V/VG) Mozzarella Cheese Stick** Cranberry Juice Choice of Milk	<p align="right">11/30/2022</p> Whole Grain Pancakes (V) Syrup Maple (ss) Bananas Choice of Milk	<p align="right">12/01/2022</p> WG English Muffin (V/VG) & Chicken Patty English Muffin w/ Meatless Patty (V/VG) Fresh Pears Choice of Milk	<p align="right">12/02/2022</p> Egg & Cheese Breakfast WW Quesadilla (V) Fresh Apples 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 / MD), Pears (VA), Sweet Potatoes (VA / MD)

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