

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> <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) Fruit Punch Juice Choice of Milk</p>	<p align="right">11/08/2022</p> <p>Chinese Chicken Fried Rice w/Corn,Peas, G Beans Chicken Meatless Fried Rice w/Corn,Peas, G Beans Fresh Pears Choice of Milk</p>	<p align="right">11/09/2022</p> <p>WW Italian Sand. w/T. Ham T. Salami & T. Pepperoni WW Sand. w/Plant Based Ham & Bacon (V/VG) Fresh Broccoli Florets Ranch Dressing (ss) Apples Choice of Milk</p>	<p align="right">11/10/2022</p> <p>WG Penne Pasta & Beef Meatballs WG Penne Pasta & Veggie Meatballs (V/VG) Bananas Choice of Milk</p>	<p align="right">11/11/2022</p> <p align="center">NO SCHOOL TODAY</p>
<p align="right">11/14/2022</p> <p>Chicken WG Noddles w/Carrots & Spinach Chicken Meatless Noddles w/Carrots & Spinach (V) Bananas Choice of Milk</p>	<p align="right">11/15/2022</p> <p>Great Garden Stew w/ Squash, Corn & K.Beans Meatless Stew w/ Squash, Corn & Beans (V) Steamed Brown Rice Fresh Pears Choice of Milk</p>	<p align="right">11/16/2022</p> <p>Hawaiian Chicken WW Wrap w/ Broccoli & Carrot H. Chicken Meatless Wrap w/Broccoli & Carrots (V) Cranberry Dried(ss)** Fresh Oranges* Choice of Milk</p>	<p align="right">11/17/2022</p> <p>Chicken Burrito Bowl with Beans and Corn Chickenless Burrito Bowl w/ Beans and Corn (V/VG) Fruit Punch Juice Choice of Milk</p>	<p align="right">11/18/2022</p> <p>Carved Turkey Carved Meatless Turkey(VG) Fresh Green Beans Sweet Potatoes WG Biscuit Pumpkin Pie Apples Choice of Milk</p>
<p align="right">11/21/2022</p> <p align="center">NO SCHOOL TODAY</p>	<p align="right">11/22/2022</p> <p align="center">NO SCHOOL TODAY</p>	<p align="right">11/23/2022</p> <p align="center">NO SCHOOL TODAY</p>	<p align="right">11/24/2022</p> <p align="center">NO SCHOOL TODAY</p>	<p align="right">11/25/2022</p> <p align="center">NO SCHOOL TODAY</p>
<p align="right">11/28/2022</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">11/29/2022</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">11/30/2022</p> <p>Chicken Caesar WW Wrap Chicken Meatless Caesar WW Wrap (V) Carrots Sticks Apples Choice of Milk</p>	<p align="right">12/01/2022</p> <p>WG Caprese Pasta (V) Fruit Punch Juice Choice of Milk</p>	<p align="right">12/02/2022</p> <p>Cheese Lunch Pizza w/ Chicken & Beef Pepperoni WG Cheese Pizza (V) Sweet Corn Bananas Choice of Milk</p>

*** 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