

Fall/ Early winter Cycle - Breakfast HHFKA 9-12 (age 14-18)

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">12/05/2022</p> <p>Cinnamon Toast Crunch Cup (V/VG) Yoplait Yogurt Fresh Pears Choice of Milk</p> | <p align="right">12/06/2022</p> <p>One-Pan Breakfast Potato, Egg Scramble & Roll (V) Fresh Tangerines Choice of Milk</p> | <p align="right">12/07/2022</p> <p align="center">NO SCHOOL TODAY</p> | <p align="right">12/08/2022</p> <p>WG Choc. Chip Pancakes(V) Syrup Maple (ss) Fresh Apples Choice of Milk</p> | <p align="right">12/09/2022</p> <p>Pumpkin- Carrot WW Breakfast Bar Bananas Choice of Milk</p> |
| <p align="right">12/12/2022</p> <p>WG Banana Muffin (V) Mozzarella Cheese Stick** Fresh Pears Choice of Milk</p> | <p align="right">12/13/2022</p> <p>Apple Caramel WW Bread Pudding (V) Fruit Punch Juice Choice of Milk</p> | <p align="right">12/14/2022</p> <p>WW Breakfast Roll w/ Cheesy Scramble Eggs (V) Fresh Apples Choice of Milk</p> | <p align="right">12/15/2022</p> <p>Pillsbury WW French Toast Triple Berry (VG) Syrup Maple (ss) Bananas Choice of Milk</p> | <p align="right">12/16/2022</p> <p>Homemade WW Gingerbread Muffin (V) Fresh Tangerines Choice of Milk</p> |
| <p align="right">12/19/2022</p> <p>WG Waffles w/ Cinn. Apple-Pears Syrup (V) Orange Juice Choice of Milk</p> | <p align="right">12/20/2022</p> <p>Chai Cheesecake Whole Wheat Muffin (V) Fresh Tangerines Choice of Milk</p> | <p align="right">12/21/2022</p> <p>Cereal Cheerios Multigrain (V/VG) Go Gurts Fresh Pears Choice of Milk</p> | <p align="right">12/22/2022</p> <p align="center">NO SCHOOL TODAY</p> | <p align="right">12/23/2022</p> <p align="center">NO SCHOOL TODAY</p> |
| <p align="right">12/26/2022</p> <p align="center">NO SCHOOL TODAY</p> | <p align="right">12/27/2022</p> <p align="center">NO SCHOOL TODAY</p> | <p align="right">12/28/2022</p> <p align="center">NO SCHOOL TODAY</p> | <p align="right">12/29/2022</p> <p align="center">NO SCHOOL TODAY</p> | <p align="right">12/30/2022</p> <p align="center">NO SCHOOL TODAY</p> |

Available Choice of Milk: Unflavored 1% or skim milk, Lactose Free or Soy (upon request)

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).*

Dairy - Free (DF), Gluten Free (GF), Vegan (VG), *Vegetarian (V) options available daily upon request.

WG = Whole Grain WW = Whole Wheat