

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
02/06/2023 NO SCHOOL TODAY	02/07/2023 WG Pancakes & Turkey Sausage on a Stick** Veggie Patty & WG Pancakes (V) Syrup Maple (ss) Bananas Choice of Milk	02/08/2023 Pumpkin- Carrot WW Breakfast Bar(V) Fresh Apples Choice of Milk	02/09/2023 Cereal WG Cheerios (V/VG) Yoplait Yogurt Fresh Pears Choice of Milk	02/10/2023 Apple Caramel WW Bread Pudding (V) Fresh Tangerines Choice of Milk
02/13/2023 Homemade WW Gingerbread Muffin (V) Fruit Punch Juice Choice of Milk	02/14/2023 WW Breakfast Roll w/ Cheesy Scramble Eggs (V) Fresh Tangerines Choice of Milk	02/15/2023 Cinn. Raisin WG Bagel(VG) Cream Cheese (ss) Fresh Apples Choice of Milk	02/16/2023 WG Waffles w/ Cinn. Apple-Pears Syrup (V) Fresh Pears Choice of Milk	02/17/2023 NO SCHOOL TODAY
02/20/2023 NO SCHOOL TODAY	02/21/2023 Breakfast Pizza w/ Hash Brown Crust & Roll Fresh Apples Choice of Milk	02/22/2023 WG French Toast Sticks (V/VG) Syrup Maple (ss) Fresh Pears Choice of Milk	02/23/2023 WG Cinnamon Roll (V) Orange Juice Choice of Milk	02/24/2023 Chai Cheesecake Whole Wheat Muffin (V) Bananas Choice of Milk
02/27/2023 Cereal Cheerios Multigrain (V/VG) Assorted Light Yogurt Fresh Pears Choice of Milk	02/28/2023 WG Corn Muffin Fruit Punch Juice Choice of Milk	03/01/2023 One-Pan Breakfast Potato, Egg Scramble & Roll (V) Fresh Tangerines Choice of Milk	03/02/2023 Pumpkin- Carrot WW Breakfast Bar(V) Bananas Choice of Milk	03/03/2023 WG Choc. Chip Pancakes(V) Syrup Maple (ss) Fresh Apples Choice of Milk

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

