

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">01/02/2023</p> <p align="center">NO SCHOOL TODAY</p>	<p align="right">01/03/2023</p> <p align="center">NO SCHOOL TODAY</p>	<p align="right">01/04/2023</p> <p align="center">Cereal Cheerios Multigrain (V/VG) Go Gurts Bananas Choice of Milk</p>	<p align="right">01/05/2023</p> <p align="center">WG Choc. Chip Pancakes(V) Syrup Maple (ss) Fresh Apples Choice of Milk</p>	<p align="right">01/06/2023</p> <p align="center">Cinn. Raisin WG Bagel(VG) Cream Cheese (ss) Fresh Pears Choice of Milk</p>
<p align="right">01/09/2023</p> <p align="center">Pillsbury WW French Toast Triple Berry (V) Syrup Maple (ss) Bananas Choice of Milk</p>	<p align="right">01/10/2023</p> <p align="center">Pumpkin- Carrot WW Breakfast Bar(V) Fresh Tangerines Choice of Milk</p>	<p align="right">01/11/2023</p> <p align="center">WG Banana Muffin (V) Mozzarella Cheese Stick** Fresh Apples Choice of Milk</p>	<p align="right">01/12/2023</p> <p align="center">WW Breakfast Roll w/ Cheesy Scramble Eggs (V) Fruit Punch Juice Choice of Milk</p>	<p align="right">01/13/2023</p> <p align="center">Apple Caramel WW Bread Pudding (V) Fresh Pears Choice of Milk</p>
<p align="right">01/16/2023</p> <p align="center">NO SCHOOL TODAY</p>	<p align="right">01/17/2023</p> <p align="center">WG Waffles w/ Cinn. Apple-Pears Syrup (V) Fruit Punch Juice Choice of Milk</p>	<p align="right">01/18/2023</p> <p align="center">Homemade WW Gingerbread Muffin (V) Fresh Apples Choice of Milk</p>	<p align="right">01/19/2023</p> <p align="center">Breakfast Pizza w/ Hash Brown Crust & Roll (V) Fresh Pears Choice of Milk</p>	<p align="right">01/20/2023</p> <p align="center">WG English Muffin (V/VG) & Chicken Patty English Muffin w/ Meatless Patty (V/VG) Bananas Choice of Milk</p>
<p align="right">01/23/2023</p> <p align="center">Chai Cheesecake Whole Wheat Muffin (V) Fresh Tangerines Choice of Milk</p>	<p align="right">01/24/2023</p> <p align="center">WG French Toast Sticks (V/VG) Syrup Maple (ss) Bananas Choice of Milk</p>	<p align="right">01/25/2023</p> <p align="center">WG Cinnamon Roll (V) Fresh Apples Choice of Milk</p>	<p align="right">01/26/2023</p> <p align="center">Cereal WG Cheerios Assorted Light Yogurt Cranberry Juice Choice of Milk</p>	<p align="right">01/27/2023</p> <p align="center">NO SCHOOL TODAY</p>
<p align="right">01/30/2023</p> <p align="center">WG Corn Muffin Fruit Punch Juice Choice of Milk</p>	<p align="right">01/31/2023</p> <p align="center">One-Pan Breakfast Potato, Egg Scramble & Roll (V) Fresh Tangerines Choice of Milk</p>	<p align="right">02/01/2023</p> <p align="center">Cinn. Raisin WG Bagel(VG) Cream Cheese Bananas Choice of Milk</p>	<p align="right">02/02/2023</p> <p align="center">Cinnamon Toast Crunch Cup (V/VG) Go Gurts Fresh Apples Choice of Milk</p>	<p align="right">02/03/2023</p> <p align="center">WG Choc. Chip Pancakes(V) Syrup Maple (ss) Fresh Apples Choice of Milk</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

Dec 9, 2022