

**Spring/Fall - LUNCH (Prek 3/4 to 8th) HHFKA K-8 (age 5-13)**

Monday	Tuesday	Wednesday	Thursday	Friday
<p align="right">04/03/2023</p> <p>Beef Meatballs w/ Brown Rice &amp; Bk. Beans Veggie Meatballs w/ Brown Rice &amp; Beans (V/VG) Apples Choice of Milk</p>	<p align="right">04/04/2023</p> <p>WG Spaghetti &amp; Turkey Meat Sauce Spaghetti &amp; Plant Based Meat Sauce (V/VG) Fresh Tangerines Choice of Milk</p>	<p align="right">04/05/2023</p> <p>Spring Picnic Sandwich w/Tk. Breast &amp; Provolone Spring Picnic Sandwich w/Provolone Cheese (V) Celery Sticks Bananas Choice of Milk</p>	<p align="right">04/06/2023</p> <p>Jerk Chicken &amp; Brown Rice Jerk Chicken Meatless &amp; Brown Rice (V/VG) Roasted Broccoli &amp; Potato Medley Orange Juice Choice of Milk</p>	<p align="right">04/07/2023</p> <p>Cheese Beef Burger &amp; WG Bun Vegan Cheese Burger &amp; WG Bun (V/VG) Corn Salad Mayonnaise SS Pouch (LS) Ketchup (ss) Fresh Pears Choice of Milk</p>
<p align="right">04/10/2023</p> <p>Turkey Latin Br. Rice &amp; Bl. Beans Plant Based Crumbles w/ Br. Rice &amp; Bl. Beans(V/VG) Fresh Pears Choice of Milk</p>	<p align="right">04/11/2023</p> <p>Chicken &amp; Tk. Bacon WG Pasta w/Tomato &amp; Spinach Chicken Meatless WG Pasta w/Tomato &amp; Spinach Bananas Choice of Milk</p>	<p align="right">04/12/2023</p> <p>Broccoli Rice Casserole w/ Cheddar Cheese (V) Grape Juice Choice of Milk</p>	<p align="right">04/13/2023</p> <p>WW Chicken Shawarma WW Chicken Meatless Shawarma (V) Tahini Salad w/Tomato &amp; Cucumbers (V) Apples Choice of Milk</p>	<p align="right">04/14/2023</p> <p>Cheese Lunch Pizza w/ Chicken &amp; Beef Pepperoni WG Cheese Pizza (V) Sweet Corn Fresh Tangerines Choice of Milk</p>
<p align="right">04/17/2023</p> <p align="center">NO SCHOOL TODAY</p>	<p align="right">04/18/2023</p> <p align="center">NO SCHOOL TODAY</p>	<p align="right">04/19/2023</p> <p align="center">NO SCHOOL TODAY</p>	<p align="right">04/20/2023</p> <p align="center">NO SCHOOL TODAY</p>	<p align="right">04/21/2023</p> <p align="center">NO SCHOOL TODAY</p>
<p align="right">04/24/2023</p> <p>Spanish B. Rice w/Chicken Kidney Beans &amp; Tomato B.Rice w/Chicken Meatless Kidney Bean &amp; Tomato V/VG Apples Choice of Milk</p>	<p align="right">04/25/2023</p> <p>Breaded Chicken Nuggets Veggie Chicken Nugget(VG) Roasted Potatoes WG Roll Fruit Punch Juice Choice of Milk</p>	<p align="right">04/26/2023</p> <p>Butter Chicken Butter Chicken Meatless-V Salvadorian Carrot Rice Fresh Pears Choice of Milk</p>	<p align="right">04/27/2023</p> <p>One Pot Chicken Fajita Pasta w/Rd. &amp; Gr. Pepper Chicken Meatless Fajita WG Pasta(V/VG) Fresh Tangerines Choice of Milk</p>	<p align="right">04/28/2023</p> <p>WG Cheese Pizza (V) Roasted Broccoli Ranch Dressing (ss) Bananas Choice of Milk</p>

**Prek 3/4 servings must include 6 oz of unflavored skim and 1% milk. 1-1.5 M/MA, 1/2 serving of grain, 1/4 cup of fruit and 1/4 cup of vegetables. PreK will always have sliced or finely chopped fruits.**

**\* MEALS ONLY FOR PreK**

**\*\* Denotes meal only for K to 8th (not PreK)**

**Locally Grown Components Daily Served: Milk (PA). According to the season fruits and vegetables locally grown will be added on Breakfast and/or Lunch menu: Apples (VA), Potato (PA), Lettuce (PA), Spinach (PA/VA), Broccoli (NC), Tomato (PA), Sweet Potato (NC)**

**Available Choice of Milk: Unflavored 1%, Skim unflavored, 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**

**Please reach out to us if you have questions or comments at [menu@luncherasdisi.com](mailto:menu@luncherasdisi.com)**

**Mar 23, 2023**