

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p align="right">03/06/2023</p> <p>WG Spaghetti & Turkey Meat Sauce Spaghetti & Plant Based Meat Sauce (V/VG) Fresh Tangerines Choice of Milk</p>	<p align="right">03/07/2023</p> <p>Jerk Chicken & Brown Rice Jerk Chicken Meatless & Brown Rice (V/VG) Roasted Broccoli & Potato Medley Orange Juice Choice of Milk</p>	<p align="right">03/08/2023</p> <p>Spring Picnic Sandwich w/Tk. Breast & Provolone Spring Picnic Sandwich w/Provolone Cheese (V) Celery Sticks Bananas Choice of Milk</p>	<p align="right">03/09/2023</p> <p>Chicken & Tk. Bacon WG Pasta w/Tomato & Spinach Chicken Meatless WG Pasta w/Tomato & Spinach Apples Choice of Milk</p>	<p align="right">03/10/2023</p> <p>Cheese Beef Burger & WG Bun Vegan Burger & WG Bun (V/VG) Black Beans & Corn Salad Mayonnaise SS Pouch (LS) Ketchup (ss) Fresh Pears Choice of Milk</p>
<p align="right">03/13/2023</p> <p>Turkey Latin Br. Rice & Bl. Beans Plant Based Crumbles w/ Br. Rice & Bl. Beans (V/VG) Apples Choice of Milk</p>	<p align="right">03/14/2023</p> <p>Buffalo Chicken WG Mac & Cheese Buffalo Chicken Meatless WG Mac & Cheese (V) Roasted Cauliflower Fresh Pears Choice of Milk</p>	<p align="right">03/15/2023</p> <p>Broccoli Rice Casserole w/ Cheddar Cheese (V) Fruit Punch Juice Choice of Milk</p>	<p align="right">03/16/2023</p> <p>Chicken Stroganoff Pasta w/Pepper, Carrot & Zuchin. Chicken Meatless Pasta w/ Pepper, Carrot & Zuchin. (V) Fresh Tangerines Choice of Milk</p>	<p align="right">03/17/2023</p> <p>Cheese Lunch Pizza w/ Chicken & Beef Pepperoni WG Cheese Pizza (V) Sweet Corn Bananas Choice of Milk</p>
<p align="right">03/20/2023</p> <p>Tomato N' Cheese Pasta (V) Fresh Pears Choice of Milk</p>	<p align="right">03/21/2023</p> <p>Corn Dog Chicken Mini WG** Veggie Hot Dog** WW Grilled Cheese Sandwich* Roasted Broccoli & Potato Medley Ranch Dressing (ss) Bananas Choice of Milk</p>	<p align="right">03/22/2023</p> <p>Curried Chicken WW Wrap Curried Chicken Meatless WW Wrap (V/VG) Sweet Creamy Coleslaw Orange Juice Choice of Milk</p>	<p align="right">03/23/2023</p> <p>Spanish B. Rice w/Chicken Kidney Beans & Tomato B. Rice w/Chicken Meatless Kidney Bean & Tomato V/VG Apples Choice of Milk</p>	<p align="right">03/24/2023</p> <p>BYO Turkey Nachos WG w/ Romaine & Corn Pico BYO Meatless Nachos WG w/Rom. & Corn Pico (V) Sour Cream (ss) Fresh Tangerines Choice of Milk</p>
<p align="right">03/27/2023</p> <p>Grilled Chicken Baked Chickenless (V/VG) Brown Rice w/ Bl. Beans & Sweet Plantains (V) Apples Choice of Milk</p>	<p align="right">03/28/2023</p> <p>Breaded Chicken Nuggets Veggie Chicken Nugget (VG) Potato French Fries BBQ Sauce (ss) Fruit Punch Juice Choice of Milk</p>	<p align="right">03/29/2023</p> <p>Fiesta Brown Rice Chicken w/ Corn, G. Peas & Carrot Br. Rice Chicken Meatless Corn, G. Peas & Carrot (V/VG) Fresh Pears Choice of Milk</p>	<p align="right">03/30/2023</p> <p>WG Cheese Pizza (V) Roasted Cauliflower Broccoli & Carrots Ranch Dressing (ss) Bananas Choice of Milk</p>	<p align="right">03/31/2023</p> <p align="center">NO SCHOOL TODAY</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), Sweet Potato (VA/NC), Arugula (NY).

**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

Feb 28, 2023