

Fall/Winter BREAKFAST (PreK -12th Grade) HHFKA K-12 (age 5-18)

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">02/05/2024</p> <p>WG Corn Muffin (V) Fresh Apples Choice of Milk</p>	<p align="right">02/06/2024</p> <p>Cereal Cheerios Multigrain (V/VG) Yoplait Yogurt Fresh Tangerines Choice of Milk</p>	<p align="right">02/07/2024</p> <p>WG English Muffin & Chicken Patty English Muffin w/ Meatless Patty (V/VG) Bananas Choice of Milk</p>	<p align="right">02/08/2024</p> <p>Homemade WW Banana Bread (V) Mozzarella Cheese Stick** Fresh Pears Choice of Milk</p>	<p align="right">02/09/2024</p> <p>Pillsbury WW French Toast Triple Berry (V) Syrup Maple (ss) Orange Juice Choice of Milk</p>
<p align="right">02/12/2024</p> <p>Yoplait Yogurt & Granola (V) Fresh Apples Choice of Milk</p>	<p align="right">02/13/2024</p> <p>Homemade WW Sweet Potatoes Waffles (V/VG) Syrup Maple (ss) Cranberry Juice Choice of Milk</p>	<p align="right">02/14/2024</p> <p>WW Breakfast Roll w/ Cheesy Scramble Eggs (V) Fresh Tangerines Choice of Milk</p>	<p align="right">02/15/2024</p> <p>WG Blueberry Muffin (V) Fresh Pears Choice of Milk</p>	<p align="right">02/16/2024</p> <p>WW Taco Breakfast incl. (Egg, Cheese &Tkey Bacon) Taco Bk. w/Tofu,Vegan Ch. & Veggie Crumbles (V/VG) Bananas Choice of Milk</p>
<p align="right">02/19/2024</p> <p align="center">NO SCHOOL TODAY</p>	<p align="right">02/20/2024</p> <p align="center">NO SCHOOL TODAY</p>	<p align="right">02/21/2024</p> <p align="center">NO SCHOOL TODAY</p>	<p align="right">02/22/2024</p> <p align="center">NO SCHOOL TODAY</p>	<p align="right">02/23/2024</p> <p align="center">NO SCHOOL TODAY</p>
<p align="right">02/26/2024</p> <p>WG Eggo Mini Cinnamon Waffles (V) Maple Syrup (ss) Fruit Punch Juice Choice of Milk</p>	<p align="right">02/27/2024</p> <p>Homemade Chocolate Chip Oatmeal WW Muffin (V) Fresh Apples Choice of Milk</p>	<p align="right">02/28/2024</p> <p>WW Egg Burrito & Turkey Sausage Tofu Burrito & Vegan Sausage (V/VG) Bananas Choice of Milk</p>	<p align="right">02/29/2024</p> <p>Cereal WG Cheerios (V/VG) Yoplait Yogurt Fresh Pears Choice of Milk</p>	<p align="right">03/01/2024</p> <p>WW Zucchini Bread (V/VG) Mozzarella Cheese Stick** Fresh Oranges Choice of Milk</p>

*** Denotes meal only for PreK. Prek 3/4 servings must include 6 oz of milk, 1/2 serving of grain and 1/2 cup of fruit or vegetables. PreK will always have sliced or finely chopped fruits.**

**** Denotes meal only for K to 12th (not PreK)**

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

**Available Choice of Milk: Unflavored 1% or skim milk, 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**

Jan 23, 2024