

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">03/04/2024</p> <p>Cinn. Raisin WG Bagel(VG) Cream Cheese Fresh Tangerines Choice of Milk</p>	<p align="right">03/05/2024</p> <p>Apple Caramel WW Bread Pudding (V) Fruit Punch Juice Choice of Milk</p>	<p align="right">03/06/2024</p> <p>Cereal Cheerios Multigrain (V/VG) Assorted Light Yogurt Bananas Choice of Milk</p>	<p align="right">03/07/2024</p> <p>Homemade WW Banana Bread (V) Mozzarella Cheese Stick** Fresh Apples Choice of Milk</p>	<p align="right">03/08/2024</p> <p align="center">NO SCHOOL TODAY</p>
<p align="right">03/11/2024</p> <p>Cinnamon Soft Round Granola Bar (V) Fruit Punch Juice Choice of Milk</p>	<p align="right">03/12/2024</p> <p>WG Blueberry Muffin (V) Fresh Oranges Choice of Milk</p>	<p align="right">03/13/2024</p> <p>Homemade WW Sweet Potatoes Waffles (V/VG) Syrup Maple (ss) Bananas Choice of Milk</p>	<p align="right">03/14/2024</p> <p>WW Breakfast Roll w/ Cheesy Scramble Eggs (V) Fresh Apples Choice of Milk</p>	<p align="right">03/15/2024</p> <p>Sunny Day Parfait w/ Mandarines & Pears (V) Choice of Milk</p>
<p align="right">03/18/2024</p> <p>WG French Toast Sticks (V/VG) Syrup Maple (ss) Fresh Pears Choice of Milk</p>	<p align="right">03/19/2024</p> <p>WW Egg Burrito & Turkey Sausage Tofu Burrito & Vegan Sausage (V/VG) Fresh Tangerines Choice of Milk</p>	<p align="right">03/20/2024</p> <p>Cinnamon Toast Crunch Cup (V/VG) Cranberry Juice Choice of Milk</p>	<p align="right">03/21/2024</p> <p>Homemade WW Gingerbread Muffin (V) Fresh Apples Choice of Milk</p>	<p align="right">03/22/2024</p> <p>WG Eggo Mini Cinnamon Waffles (V) Syrup Maple (ss) Bananas Choice of Milk</p>
<p align="right">03/25/2024</p> <p>Cereal WG Cheerios (V/VG) Yoplait Yogurt Fresh Apples Choice of Milk</p>	<p align="right">03/26/2024</p> <p>Homemade Chocolate Chip Oatmeal WW Muffin (V) Fruit Punch Juice Choice of Milk</p>	<p align="right">03/27/2024</p> <p>Pillsbury WW French Toast Triple Berry (V) Maple Syrup (ss) Bananas Choice of Milk</p>	<p align="right">03/28/2024</p> <p>WW Zucchini Bread (V/VG) Mozzarella Cheese Stick** Fresh Oranges Choice of Milk</p>	<p align="right">03/29/2024</p> <p>WW Taco Breakfast incl. (Egg, Cheese &Tkey Bacon) Taco Bk. w/Tofu,Vegan Ch. & Veggie Crumbles (V/VG) Fresh Pears 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**

Feb 23, 2024