## Late Fall/Winter Cycle - LUNCH HHFKA K-8 (age 5-13)



Monday	Tuesday	Wednesday	Thursday	Friday
03/04/2024 Turkey Hot Dog** on a WG Bun Veggie Hot Dog** WW Grilled Cheese Sand.* Roasted Potatoes & Sweet Potatoes Ketchup (ss) Fresh Pears Choice of Milk	03/05/2024 Roasted Chicken Baked Chickenless (V/VG) Middle Eastern Brown Rice w/Lentils (V/VG) Apples Choice of Milk	03/06/2024 Chicken Caesar WW Wrap Chicken Meatless Caesar WW Wrap (V) Vanilla Squash (V) Grape Juice Choice of Milk	03/07/2024 One Pot Chicken Fajita Pasta w/Rd. & Gr. Pepper Chicken Meatless Fajita WG Pasta(V/VG) Fresh Tangerines Choice of Milk	03/08/2024 NO SCHOOL TODAY
03/11/2024 Turkey Latin Br. Rice & Bl. Beans Veggie Latin Rice & Bl. Beans (V/VG) Apples Choice of Milk	03/12/2024 Creamy Baked Chicken WG Penne Pasta Baked Chicken Meatless WG Pasta (V/VG) Roasted Cauliflower Fresh Pears Choice of Milk	03/13/2024 Crunchy Chicken WG Wrap w/Buffalo & Ranch Dress. Veggie Chicken WG Wrap w/Buffalo & Ranch Dress. Roasted Broccoli w/Garlic & Parmesan Orange Juice Choice of Milk	03/14/2024 Turkey Meatballs WG Sub. w/Cheese Veggie Meatballs WG Submarine (V/VG) Creamy Mashed Potatoes Bananas Choice of Milk	03/15/2024 WG Cheese Pizza (V) Kale Salad w/ Cucumber & Tomatoes (V/VG) Fresh Strawberries Choice of Milk
03/18/2024 WW Chicken Faijtas w/ Red Peppers WW Chicken Meatless Faijta w/Rd. Pepper(V/VG) Sour Cream (ss) Apples Choice of Milk	03/19/2024 One-Pan Turkey Taco WG Macaroni & Cheese One-Pan Veggie Taco WG Macaroni & Cheese(V) Broccoli Florets Fruit Punch Juice Choice of Milk	03/20/2024 Breaded Chicken Nuggets Veggie Chicken Nugget(VG) BBQ Sauce (ss) Roasted Sweet Potatoes Bananas Choice of Milk	03/21/2024 Black Beans & Rice WW Burrito w/Cheese (V) Fresh Pears Choice of Milk	03/22/2024 Beef Burger & WG Bun Vegan Burger (V/VG) Green Beans & Corn Medley Ketchup (ss) Fresh Oranges Choice of Milk
03/25/2024 Fiesta Brown Rice Chicken w/ Corn, G. Peas & Carrot Br. Rice Chicken Meatless Corn,G. Peas & Carrot(V/VG Fresh Pears Choice of Milk	03/26/2024 Chipotle BBQ Pulled Chicken WG Slider Chipotle BBQ Meatless WG Slider (V/VG) Sweet Creamy Coleslaw Fresh Tangerines Choice of Milk	03/27/2024 Cranberry Turkey Chili over Brown Rice Cranberry Plant Based Chili & Brown Rice (V/VG) Apples Choice of Milk	03/28/2024 Chicken & Tk. Bacon WG Pasta w/Tomato & Spinach Chicken Meatless WG Pasta w/Tomato & Spinach(V) Grape Juice Choice of Milk	03/29/2024 Cheese Lunch Pizza w/ Chicken & Beef Pepperoni WG Cheese Pizza (V) Roasted Potatoes & Broccoli Medley Bananas Choice of Milk

Available Choice of Milk: Unflavored 1% milk, unflavored 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/or Lunch menu: Apples (MD/PA/VA), Carrots (MD, PA), Sweet Potatoes (NC), Collards Green (NC), Cauliflower (PA), Broccoli (VA/PA/ NC), Lettuce (NY), Spinach (VA), Arugula (NY/VA), Squash (PA/MD), Onions (MD), Potatoes (PA/VA), Cabbage (NC,PA/VA)

Dairy - Free (DF), Gluten Free (GF), Vegan (VG), Vegetarian (V) options available daily upon request. WG = Whole Grain WW = Whole Wheat \*\*=Served only for K to 8 meals

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Feb 25, 2024