

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>04/01/2024</p> <p>Chicken Enchiladas Veggie Enchiladas (V) Garlic Roasted Potatoes Fresh Pears Choice of Milk</p>	<p>04/02/2024</p> <p>Chicken Burrito Bowl w/Black Beans & Corn Chickenless Burrito Bowl w/ Beans and Corn (V/VG) Apples Choice of Milk</p>	<p>04/03/2024</p> <p>Turkey Club Sandwich w/ Provolone Cheese Veggie Club Sandwich (V) Romaine & Tomato Salad Bananas Choice of Milk</p>	<p>04/04/2024</p> <p>Breaded Chicken Nuggets Veggie Chicken Nugget(VG) Tangy Salad w/Carrot, Celery & Yogurt Dress.(V) Ketchup (ss) Fruit Punch Juice Choice of Milk</p>	<p>04/05/2024</p> <p>NO SCHOOL TODAY</p>
<p>04/08/2024</p> <p>Jerk Chicken & Brown Rice Jerk Chicken Meatless & Brown Rice (V/VG) Roasted Sweet Potatoes Apples Choice of Milk</p>	<p>04/09/2024</p> <p>WW Turkey Tacos Al Pastor WW Veggie Tacos Al Pastor (V/VG) Pico de Gallo w/ Tomatoes & Onions Fresh Pears Choice of Milk</p>	<p>04/10/2024</p> <p>Chicken Alfredo WG Penne Pasta Veggie Alfredo Pasta (V) Steamed Broccoli Cranberry Juice Choice of Milk</p>	<p>04/11/2024</p> <p>Creamy Cilantro Lime Chicken WW Burrito Veggie WW Burrito (V) Chili w/ Black Beans, Corn & Tomato Fresh Oranges Choice of Milk</p>	<p>04/12/2024</p> <p>Cheese Lunch Pizza w/ Chicken & Beef Pepperoni WG Cheese Pizza (V) Garlic Parmesan Potato Wedge Bananas Choice of Milk</p>
<p>04/15/2024</p> <p>NO SCHOOL TODAY</p>	<p>04/16/2024</p> <p>NO SCHOOL TODAY</p>	<p>04/17/2024</p> <p>NO SCHOOL TODAY</p>	<p>04/18/2024</p> <p>NO SCHOOL TODAY</p>	<p>04/19/2024</p> <p>NO SCHOOL TODAY</p>
<p>04/22/2024</p> <p>Chinese Chicken Fried Rice w/Corn,Peas, G Beans Chicken Meatless Fried Rice w/Corn,Peas, G Beans Apples Choice of Milk</p>	<p>04/23/2024</p> <p>BYO Scoop Nachos w/Cheddar Sauce Cup BYO Scoop Veggie Nacho(V) Black Beans w/ Tomato & Corn Salad Fruit Punch Juice Choice of Milk</p>	<p>04/24/2024</p> <p>Chicken Salad WW Sandwich Veggie Salad Sand. (V) Baby Carrots Ranch Dressing (ss) Fresh Pears Choice of Milk</p>	<p>04/25/2024</p> <p>Chili Flavor Meatless Tomato Macaroni (V/VG) Chili Flavor Turkey Tomato Macaroni Fresh Tangerines Choice of Milk</p>	<p>04/26/2024</p> <p>Golden Crispy Chicken Tenders Breaded Veggie Tender-VG Roasted Broccoli & Cauliflower Medley WG Biscuit Ketchup (ss) Bananas Choice of Milk</p>
<p>04/29/2024</p> <p>Tomato N' Cheese Pasta(V) Grape Juice Choice of Milk</p>	<p>04/30/2024</p> <p>Chicken Enchiladas Veggie Enchiladas (V) Garlic Roasted Potatoes Fresh Pears Choice of Milk</p>	<p>05/01/2024</p> <p>Chicken Burrito Bowl w/Black Beans & Corn Chickenless Burrito Bowl w/ Beans and Corn (V/VG) Apples Choice of Milk</p>	<p>05/02/2024</p> <p>Turkey Club Sandwich w/ Provolone Cheese Veggie Club Sandwich (V) Romaine & Tomato Salad Fresh Oranges Choice of Milk</p>	<p>05/03/2024</p> <p>Breaded Chicken Nuggets Veggie Chicken Nugget(VG) Tangy Salad w/Carrot, Celery & Yogurt Dress.(V) Ketchup (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: According to the season fruits and vegetables locally grown will be added on Breakfast and/or Lunch menu: Apples (WV/PA), Sweet Potatoes (NC), Collards Green (NC), Broccoli (NC), Lettuce (NY), Spinach (NC), Potatoes (PA/VA), Tomato (VA/MD)

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

Mar 12, 2024