

Fall/ Winter - LUNCH (PreK to 8th Gr.)
 E.L Haynes PCS - Pre K - 5 - LUNCH
 HHFKA K-5 (age 5-10)



Milk, grain, fruit, vegetables,
 meat or meat alternative

LUNCH



Menu subject to change. For any feedback please
 contact us directly at menu@luncherasdisi.com



Monday	Tuesday	Wednesday	Thursday	Friday
<p>02/02/2026</p> <p>Tomato N' Cheese Pasta(V) Apples Choice of Milk</p>	<p>02/03/2026</p> <p>Cheese Beef Burger & WG Bun Vegan Burger (V/VG) Roasted Potatoes & Broccoli Medley Ketchup (ss) Cranberry Juice Choice of Milk</p>	<p>02/04/2026</p> <p>Chicken & Tk. Bacon WG Pasta w/Tomato & Spinach Chicken Meatless WG Pasta w/Tomato & Spinach(V) Fresh Pears Choice of Milk</p>	<p>02/05/2026</p> <p>Turkey Meatballs w/ Brown Rice & Bk. Beans Veggie Meatballs w/ Brown Rice & Beans (V/VG) Bananas Choice of Milk</p>	<p>02/06/2026</p> <p>Golden Crispy Chicken Tenders Breaded Veggie Tender w/ WG Roll (V/VG) Roasted Sweet Potatoes & Cauliflower BBQ Sauce (ss) Fresh Tangerines Choice of Milk</p>
<p>02/09/2026</p> <p>One-Pan Turkey WG Macaroni & Cheese Veggie Macaroni (V) Steamed Carrots Fruit Punch Juice Choice of Milk</p>	<p>02/10/2026</p> <p>Cheese Lunch Pizza w/ Chicken & Beef Pepperoni WG Cheese Pizza (V) Roasted Potatoes Bananas Choice of Milk</p>	<p>02/11/2026</p> <p>Turkey Taco Rice w/Corn Red & Gr. Peppers Meatless Taco Rice w/Corn Red & Gr. Peppers (V/VG) Apples Choice of Milk</p>	<p>02/12/2026</p> <p>WG Breaded Mozzarella Sticks (V) Marinara Sauce (ss) Sweet Potatoes & Kale Salad Fresh Tangerines Choice of Milk</p>	<p>02/13/2026</p> <p>Turkey Hot Dog** & Veggie Chili On Side Grilled Cheese Sand. (V)* Roasted Cauliflower Fresh Pears Choice of Milk</p>
<p>02/16/2026</p> <p>NO SCHOOL TODAY</p>	<p>02/17/2026</p> <p>NO SCHOOL TODAY</p>	<p>02/18/2026</p> <p>NO SCHOOL TODAY</p>	<p>02/19/2026</p> <p>NO SCHOOL TODAY</p>	<p>02/20/2026</p> <p>NO SCHOOL TODAY</p>
<p>02/23/2026</p> <p>WG Spaghetti & Beef Meatballs WG Spaghetti & Veggie Meatballs(V/VG) Cranberry Juice Choice of Milk</p>	<p>02/24/2026</p> <p>Corn Dog Chicken Mini WG Grilled Cheese Sand. (V)* Kale Salad w/ Cucumber & Tomatoes (V/VG) Ketchup (ss) Bananas Choice of Milk</p>	<p>02/25/2026</p> <p>WW Chicken Fajitas w/Green Peppers Ck. Meatless Fajita(V/VG) Corn Pico de Gallo Sour Cream (ss) Apples Choice of Milk</p>	<p>02/26/2026</p> <p>Turkey Chili over Brown Rice Plant Based Chili & Brown Rice (V/VG) Fresh Pears Choice of Milk</p>	<p>02/27/2026</p> <p>Breaded Chicken Nuggets Veggie Nuggets w/ WG Roll (V/VG) Roasted Potatoes Honey Mustard Sauce (ss) Fresh Tangerines Choice of Milk</p>

* Denotes meal only for PreK. 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.

** 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 (PA/WV), Carrots (MD, PA), Sweet Potatoes (NC), Collards Green (NJ), Potatoes (PA/VA), Winter Squash (PA/NC), Kale (NJ) Carrots (PA), Mushrooms (PA), Collards Green (NC), Cucumber (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