

Spring/ Early Fall Cycle - Breakfast
TEMPLATE - Breakfast
 HHFKA K-12 (age 5-18)



BREAKFAST
 milk, grain, fruit, meat or meat alternative



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

Monday	Tuesday	Wednesday	Thursday	Friday
08/31/2026 WG Banana Muffin (V/DF) Fresh Tangerines Applesauce Strawberry Choice of Milk	09/01/2026 Egg Spanish Tortilla w/ Potatoes & Onions (V/DF) Egg Spanish Tortilla w/ Potatoes & Onions (VG) White WW Loaf Bananas Choice of Milk	09/02/2026 WG White Bagel w/ Tk. Bacon & American Cheese WG White Bagel w/ Veggie Patty & A. Cheese (V) Fruit Punch Juice Choice of Milk	09/03/2026 Cereal Cheerios Honey Yoplait Yogurt Fresh Apples Choice of Milk	09/04/2026 Whole Grain Pancakes (V) Cinnamon Applesauce Drizzle (V/VG) Diced Peaches Orange Juice Choice of Milk
09/07/2026 NO SCHOOL TODAY	09/08/2026 Cereal WG Cheerios (V/VG) Yoplait Yogurt Bananas Choice of Milk	09/09/2026 S'mores WG Cinnamon Roll (V) Cranberry Juice Choice of Milk	09/10/2026 Egg Frittata w/ Ham Cheese & Vegetables Cheddar Cheese Frittata-V White WW Loaf Fresh Pears Choice of Milk	09/11/2026 WG Pancake Bites Poffitz (V) Honey (SS) Fresh Apples Choice of Milk
09/14/2026 WG Pizza Bagel w/egg Mozz. Cheese & Turkey WG Pizza Bagel w/ Egg & Mozzarella Cheese (V) Fresh Pears Choice of Milk	09/15/2026 WG French Toast Sticks (V/VG) Turkey Sausage Link Veggie Sausage link (V) Syrup Maple (ss) Fresh Apples Choice of Milk	09/16/2026 Cinnamon Toast Crunch Cereal (V/VG) Yoplait Yogurt Bananas Choice of Milk	09/17/2026 Breakfast Bowl w/Hash Brown, turkey, egg & ch. Veggie Bowl w/Hash Brown crumbles, egg & cheese(V) Cranberry Juice Choice of Milk	09/18/2026 WG Apple Cinnan. Muffin-V Mozzarella Cheese Stick** Fresh Oranges Applesauce Strawberry Choice of Milk
09/21/2026 Cereal Cheerios Multigrain (V/VG) Yoplait Yogurt Fresh Pears Choice of Milk	09/22/2026 Sunbutter Overnight Oats (V) Sunbutter Overnight Oats (VG) Fruit Punch Juice Choice of Milk	09/23/2026 WG English Muffin w/ Chicken Patty & A. Cheese WG English Muffin w/ Veggie Patty & Cheese Ketchup (ss) Fresh Apples Choice of Milk	09/24/2026 WG Blueberry Muffin(V/DF) Mozzarella Cheese Stick** Bananas Choice of Milk	09/25/2026 Eggo Mini Maple WW Waffles (V) Syrup Maple (ss) Orange Juice Choice of Milk
09/28/2026 WG Banana Muffin (V/DF) Fresh Tangerines Applesauce Strawberry Choice of Milk	09/29/2026 Egg Spanish Tortilla w/ Potatoes & Onions (V/DF) Egg Spanish Tortilla w/ Potatoes & Onions (VG) White WW Loaf Bananas Choice of Milk	09/30/2026 WG White Bagel w/ Tk. Bacon & American Cheese WG White Bagel w/ Veggie Patty & A. Cheese (V) Fruit Punch Juice Choice of Milk	10/01/2026 Cereal Cheerios Honey Yoplait Yogurt Fresh Apples Choice of Milk	10/02/2026 Yogurt Parfait w/ Mango & Pineapple(V) Yogurt Parfait w/ Mango & Pineapple (VG) Cranberry Juice Choice of Milk

Available Choice of Milk: **Unflavored 1% or 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

Dairy - Free (DF), Gluten Free (GF), Vegan (VG), *Vegetarian (V) options available daily upon request.

WG = Whole Grain WW = Whole Wheat