

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

Monday	Tuesday	Wednesday	Thursday	Friday
04/03/2023 Beef Meatballs w/ Brown Rice & Bk. Beans Veggie Meatballs w/ Brown Rice & Beans (V/VG) Apples Choice of Milk	04/04/2023 WG Spaghetti & Turkey Meat Sauce Spaghetti & Plant Based Meat Sauce (V/VG) Fresh Tangerines Choice of Milk	04/05/2023 Spring Picnic Sandwich w/Tk. Breast & Provolone Spring Picnic Sandwich w/Provolone Cheese (V) Celery Sticks Bananas Choice of Milk	04/06/2023 Jerk Chicken & Brown Rice Jerk Chicken Meatless & Brown Rice (V/VG) Roasted Broccoli & Potato Medley Orange Juice Choice of Milk	04/07/2023 Cheese Beef Burger & WG Bun Vegan Cheese Burger & WG Bun (V/VG) Corn Salad Mayonnaise SS Pouch (LS) Ketchup (ss) Fresh Pears Choice of Milk
04/10/2023 Turkey Latin Br. Rice & Bl. Beans Plant Based Crumbles w/ Br. Rice & Bl. Beans(V/VG) Fresh Pears Choice of Milk	04/11/2023 Chicken & Tk. Bacon WG Pasta w/Tomato & Spinach Chicken Meatless WG Pasta w/Tomato & Spinach Bananas Choice of Milk	04/12/2023 Broccoli Rice Casserole w/ Cheddar Cheese (V) Grape Juice Choice of Milk	04/13/2023 WW Chicken Shawarma WW Chicken Meatless Shawarma (V) Tahini Salad w/Tomato & Cucumbers (V) Apples Choice of Milk	04/14/2023 Cheese Lunch Pizza w/ Chicken & Beef Pepperoni WG Cheese Pizza (V) Sweet Corn Fresh Tangerines Choice of Milk
04/17/2023 NO SCHOOL TODAY	04/18/2023 NO SCHOOL TODAY	04/19/2023 NO SCHOOL TODAY	04/20/2023 NO SCHOOL TODAY	04/21/2023 NO SCHOOL TODAY
04/24/2023 Spanish B. Rice w/Chicken Kidney Beans & Tomato B.Rice w/Chicken Meatless Kidney Bean & Tomato V/VG Apples Choice of Milk	04/25/2023 Breaded Chicken Nuggets Veggie Chicken Nugget(VG) Roasted Potatoes WG Roll Fruit Punch Juice Choice of Milk	04/26/2023 Butter Chicken Butter Chicken Meatless-V Salvadorian Carrot Rice Fresh Pears Choice of Milk	04/27/2023 One Pot Chicken Fajita Pasta w/Rd. & Gr. Pepper Chicken Meatless Fajita WG Pasta(V/VG) Fresh Tangerines Choice of Milk	04/28/2023 WG Cheese Pizza (V) Roasted Broccoli Ranch Dressing (ss) Bananas Choice of Milk

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: Milk (PA). According to the season fruits and vegetables locally grown will be added on Breakfast and/or Lunch menu: Apples (VA), Sweet Potato (VA/NC), Arugula (NY).

**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 14, 2023