

**Spring/Fall BREAKFAST (PreK 3/4 -8th) HHFKA K-8 (age 5-13)**

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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>11/07/2022</b> WG Pancakes & Turkey Sausage on a Stick** Veggie Patty & WG Pancakes (V) Turkey Sausage Patty & WG Pancakes* Syrup Maple (ss) Fresh Apples Choice of Milk	<b>11/08/2022</b> Homemade WW Sweet Potatoes Waffles (V/VG) Syrup Maple (ss) Bananas Choice of Milk	<b>11/09/2022</b> WG Bagel (V/VG) w/ Cream Cheese & Jelly Orange Juice Choice of Milk	<b>11/10/2022</b> WG Apple Strudel (V) Fresh Pears Choice of Milk	<b>11/11/2022</b> NO SCHOOL TODAY
<b>11/14/2022</b> Assorted Light Yogurt & Granola (V/VG) Fresh Apples Choice of Milk	<b>11/15/2022</b> Homemade WW Banana Bread (V/VG) Mozzarella Cheese Stick** Fruit Punch Juice Choice of Milk	<b>11/16/2022</b> Cereal Cheerios Multigrain (V/VG) Go Gurts Fresh Tangerines Choice of Milk	<b>11/17/2022</b> WG French Toast Sticks (V/VG) Syrup Maple (ss) Fresh Pears Choice of Milk	<b>11/18/2022</b> WG Blueberry Muffin (V) Bananas Choice of Milk
<b>11/21/2022</b> Eggo Mini Maple WW Waffles (V) Syrup Maple (ss) Fresh Pears Choice of Milk	<b>11/22/2022</b> WW Taco Breakfast incl. (Egg, Cheese & Tkey Bacon) Bananas Choice of Milk	<b>11/23/2022</b> NO SCHOOL TODAY	<b>11/24/2022</b> NO SCHOOL TODAY	<b>11/25/2022</b> NO SCHOOL TODAY
<b>11/28/2022</b> Cinnamon Soft Round Granola Bar (V) Fresh Tangerines Choice of Milk	<b>11/29/2022</b> WW Zucchini Bread (V/VG) Mozzarella Cheese Stick** Cranberry Juice Choice of Milk	<b>11/30/2022</b> Whole Grain Pancakes (V) Syrup Maple (ss) Bananas Choice of Milk	<b>12/01/2022</b> WG English Muffin (V/VG) & Chicken Patty English Muffin w/ Meatless Patty (V/VG) Fresh Pears Choice of Milk	<b>12/02/2022</b> Egg & Cheese Breakfast WW Quesadilla (V) Fresh Apples Choice of Milk

**\* Denotes meal only for PreK. Prek 3/4 servings must include 6 oz of milk, 1/2 serving of grain and 1/2 cup of fruit or 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 Lunch menu: *Apples (PA/ VA / MD), Pears (VA), Sweet Potatoes (VA / MD)***

**Available Choice of Milk: Unflavored 1% or skim milk, 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**