

**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](mailto:menu@luncherasdisi.com)

Monday	Tuesday	Wednesday	Thursday	Friday
<div>11/07/2022</div> <p>Turkey Hot Dog** on a WG Bun Veggie Hot Dog** WW Grilled Cheese Sandwich* Black Beans &amp; Corn Salad Mayonnaise SS Pouch (LS) Ketchup (ss) Fruit Punch Juice Choice of Milk</p>	<div>11/08/2022</div> <p>Chinese Chicken Fried Rice w/Corn,Peas, G Beans Chicken Meatless Fried Rice w/Corn,Peas, G Beans Fresh Pears Choice of Milk</p>	<div>11/09/2022</div> <p>WW Italian Sand. w/T. Ham T. Salami &amp; T. Pepperoni WW Sand. w/Plant Based Ham &amp; Bacon (V/VG) Fresh Broccoli Florets Ranch Dressing (ss) Apples Choice of Milk</p>	<div>11/10/2022</div> <p>WG Penne Pasta &amp; Beef Meatballs WG Penne Pasta &amp; Veggie Meatballs (V/VG) Bananas Choice of Milk</p>	<div>11/11/2022</div> <p>NO SCHOOL TODAY</p>
<div>11/14/2022</div> <p>Chicken WG Noddles w/Carrots &amp; Spinach Chicken Meatless Noddles w/Carrots &amp; Spinach (V) Bananas Choice of Milk</p>	<div>11/15/2022</div> <p>Great Garden Stew w/ Squash, Corn &amp; K.Beans Meatless Stew w/ Squash, Corn &amp; Beans (V) Steamed Brown Rice Fresh Pears Choice of Milk</p>	<div>11/16/2022</div> <p>Hawaiian Chicken WW Wrap w/ Broccoli &amp; Carrot H. Chicken Meatless Wrap w/Broccoli &amp; Carrots (V) Cranberry Dried(ss)** Fresh Oranges* Choice of Milk</p>	<div>11/17/2022</div> <p>Chicken Burrito Bowl w/Black Beans &amp; Corn Chickenless Burrito Bowl w/ Beans and Corn (V/VG) Apples Choice of Milk</p>	<div>11/18/2022</div> <p>Turkey Sloppy Joe on a WG Bun Veggie Sloppy Joe on a WG Bun (V/VG) Roasted Potatoes &amp; Green Beans Medley Ranch Dressing (ss) Fruit Punch Juice Choice of Milk</p>
<div>11/21/2022</div> <p>Stir-Fry Chicken, Squash &amp; Corn over Brown Rice Chicken Meatless, Squash Corn &amp; Brown Rice (V/VG) Fruit Punch Juice Choice of Milk</p>	<div>11/22/2022</div> <p>Carved Turkey Carved Meatless Turkey(VG) Fresh Green Beans Sweet Potatoes WG Biscuit Pumpkin Pie Apples Choice of Milk</p>	<div>11/23/2022</div> <p>NO SCHOOL TODAY</p>	<div>11/24/2022</div> <p>NO SCHOOL TODAY</p>	<div>11/25/2022</div> <p>NO SCHOOL TODAY</p>
<div>11/28/2022</div> <p>Grilled Chicken Baked Chickenless (V/VG) Brown Rice w/ Bl. Beans &amp; Sweet Plantains (V) Fresh Pears Choice of Milk</p>	<div>11/29/2022</div> <p>BYO Turkey Nachos WG w/ Romaine &amp; Corn Pico BYO Meatless Nachos WG w/Rom. &amp; Corn Pico (V/VG) Sour Cream (ss) Raisin Strawberry (ss)** Fresh Oranges* Choice of Milk</p>	<div>11/30/2022</div> <p>Chicken Caesar WW Wrap Chicken Meatless Caesar WW Wrap (V) Carrots Sticks Apples Choice of Milk</p>	<div>12/01/2022</div> <p>WG Caprese Pasta (V) Fruit Punch Juice Choice of Milk</p>	<div>12/02/2022</div> <p>Cheese Lunch Pizza w/ Chicken &amp; Beef Pepperoni WG Cheese Pizza (V) Sweet Corn Bananas Choice of Milk</p>

**\* 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**

Oct 12, 2022