

**Spring/Fall BREAKFAST (PreK -12th Grade) HHFKA K-12 (age 5-18)**

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
<b>03/06/2023</b> Cinnamon Toast Crunch Cup (V/VG) Go Gurts Bananas Choice of Milk	<b>03/07/2023</b> Pillsbury WW French Toast Triple Berry (V) Maple Syrup (ss) Fresh Pears Choice of Milk	<b>03/08/2023</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>03/09/2023</b> Apple Caramel WW Bread Pudding (V) Orange Juice Choice of Milk	<b>03/10/2023</b> WW Taco Breakfast incl. (Egg, Cheese &Tkey Bacon) Taco Bk. w/Tofu,Vegan Ch. & Veggie Crumbles (V/VG) Fresh Tangerines Choice of Milk
<b>03/13/2023</b> WG Waffles w/ Cinn. Apple-Pears Syrup (V) Fruit Punch Juice Choice of Milk	<b>03/14/2023</b> WG French Toast Sticks (V/VG) Syrup Maple (ss) Fresh Tangerines Choice of Milk	<b>03/15/2023</b> White WW Loaf (V/VG) Hard Boiled Egg Bananas Choice of Milk	<b>03/16/2023</b> Chocolate Chip Oatmeal Muffin (V) Fresh Apples Choice of Milk	<b>03/17/2023</b> NO SCHOOL TODAY
<b>03/20/2023</b> Cereal Cheerios Multigrain (V/VG) Assorted Light Yogurt Bananas Choice of Milk	<b>03/21/2023</b> Baked French Toast WW Muffin (V) Fresh Apples Choice of Milk	<b>03/22/2023</b> Turkey Patty & WG Biscuit Veggie Patty & Biscuit -V Mozzarella Cheese Stick** Fresh Pears Choice of Milk	<b>03/23/2023</b> Breakfast Pizza w/ Hash Brown Crust & Roll Veggie Breakfast Pizza w/ Hash Brown Crust & Roll Fresh Tangerines Choice of Milk	<b>03/24/2023</b> WG Lemon Blueberry Pancakes Squares (V) Cranberry Juice Choice of Milk
<b>03/27/2023</b> Yoplait Yogurt & Granola (V) Fresh Pears Choice of Milk	<b>03/28/2023</b> WG Cinnamon Crumb Loaf (V) Bananas Choice of Milk	<b>03/29/2023</b> Frosted Mini Wheat Cereal Fresh Tangerines Choice of Milk	<b>03/30/2023</b> One-Pan Breakfast Potato, Egg Scramble & Roll (V) Fresh Apples Choice of Milk	<b>03/31/2023</b> Chicken Sausage WG Pancake Veggie Patty & WG Pancakes (V) Syrup Maple (ss) Orange Juice 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 12th (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).**

**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**

**Mar 1, 2023**

**Spring/Fall - LUNCH (Prek 3/4 to 12th grade)**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>03/06/2023</b> WG Spaghetti & Turkey Meat Sauce Spaghetti & Plant Based Meat Sauce (V/VG) Fresh Tangerines Choice of Milk	<b>03/07/2023</b> Jerk Chicken & Brown Rice Jerk Chicken Meatless & Brown Rice (V/VG) Roasted Broccoli & Potato Medley Orange Juice Choice of Milk	<b>03/08/2023</b> Spring Picnic Sandwich w/Tk. Breast & Provolone Spring Picnic Sandwich w/Provolone Cheese (V) Celery Sticks Bananas Choice of Milk	<b>03/09/2023</b> Chicken & Tk. Bacon WG Pasta w/Tomato & Spinach Chicken Meatless WG Pasta w/Tomato & Spinach Apples Choice of Milk	<b>03/10/2023</b> Cheese Beef Burger & WG Bun Vegan Burger & WG Bun (V/VG) Black Beans & Corn Salad Mayonnaise SS Pouch (LS) Ketchup (ss) Fresh Pears Choice of Milk
<b>03/13/2023</b> Turkey Latin Br. Rice & Bl. Beans Plant Based Crumbles w/ Br. Rice & Bl. Beans (V/VG) Apples Choice of Milk	<b>03/14/2023</b> Buffalo Chicken WG Mac & Cheese Buffalo Chicken Meatless WG Mac & Cheese (V) Roasted Broccoli and Cauliflower Medley Fresh Pears Choice of Milk	<b>03/15/2023</b> Cheese Lunch Pizza w/ Chicken & Beef Pepperoni WG Cheese Pizza (V) Pizza Wrap w/ Chicken Pepperoni (Bag Lunches) Sweet Corn Fruit Punch Juice Choice of Milk	<b>03/16/2023</b> Chicken Stroganoff Pasta w/Pepper, Carrot & Zuchin. Chicken Meatless Pasta w/ Pepper, Carrot & Zuchin. (V) Bananas Choice of Milk	<b>03/17/2023</b> NO SCHOOL TODAY
<b>03/20/2023</b> Tomato N' Cheese Pasta (V) Fresh Pears Choice of Milk	<b>03/21/2023</b> Corn Dog Chicken Mini WG** Veggie Hot Dog** WW Grilled Cheese Sandwich* Roasted Broccoli & Potato Medley Ranch Dressing (ss) Bananas Choice of Milk	<b>03/22/2023</b> Curried Chicken WW Wrap Curried Chicken Meatless WW Wrap (V/VG) Sweet Creamy Coleslaw Orange Juice Choice of Milk	<b>03/23/2023</b> Spanish B. Rice w/Chicken Kidney Beans & Tomato B. Rice w/Chicken Meatless Kidney Bean & Tomato V/VG Apples Choice of Milk	<b>03/24/2023</b> BYO Turkey Nachos WG w/ Romaine & Corn Pico BYO Meatless Nachos WG w/Rom. & Corn Pico (V) Sour Cream (ss) Fresh Tangerines Choice of Milk
<b>03/27/2023</b> Grilled Chicken Baked Chickenless (V/VG) Brown Rice w/ Bl. Beans & Sweet Plantains (V) Apples Choice of Milk	<b>03/28/2023</b> Breaded Chicken Nuggets Veggie Chicken Nugget (VG) Potato French Fries BBQ Sauce (ss) Fruit Punch Juice Choice of Milk	<b>03/29/2023</b> Fiesta Brown Rice Chicken w/ Corn, G. Peas & Carrot Br. Rice Chicken Meatless Corn, G. Peas & Carrot (V/VG) Chicken Caesar WG Pasta Salad (Bag Lunch) Fresh Pears Choice of Milk	<b>03/30/2023</b> One Pot Chicken Fajita Pasta w/Rd. & Gr. Pepper Chicken Meatless Fajita WG Pasta (V/VG) Fresh Tangerines Choice of Milk	<b>03/31/2023</b> WG Cheese Pizza (V) Roasted Broccoli & Carrot 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**

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**Mar 1, 2023**