

Spring/ Early Fall Cycle - Breakfast 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
<p>10/02/2023</p> <p>WW Zucchini Bread (V) Mozzarella Cheese Stick** Fresh Apples Choice of Milk</p>	<p>10/03/2023</p> <p>White WW Loaf (V/VG) Hard Boiled Egg Orange Juice Choice of Milk</p>	<p>10/04/2023</p> <p>WG Cocoa Puff Cereal Yoplait Yogurt Bananas Choice of Milk</p>	<p>10/05/2023</p> <p>NO SCHOOL TODAY</p>	<p>10/06/2023</p> <p>NO SCHOOL TODAY</p>
<p>10/09/2023</p> <p>NO SCHOOL TODAY</p>	<p>10/10/2023</p> <p>WG Bagel (V/VG) w/ Cream Cheese & Jelly Fresh Pears Choice of Milk</p>	<p>10/11/2023</p> <p>Apple Caramel WW Bread Pudding (V) Fruit Punch Juice Choice of Milk</p>	<p>10/12/2023</p> <p>WG English Muffin (V) & Cream Cheese Fresh Apples Choice of Milk</p>	<p>10/13/2023</p> <p>Blueberry Lemon Yogurt Whole Wheat Muffins Bananas Choice of Milk</p>
<p>10/16/2023</p> <p>Cinnamon Soft Round Granola Bar (V) Fresh Apples Choice of Milk</p>	<p>10/17/2023</p> <p>Cereal WG Cheerios (V/VG) Bananas Choice of Milk</p>	<p>10/18/2023</p> <p>WG Blueberry Muffin (V) Fresh Pears Choice of Milk</p>	<p>10/19/2023</p> <p>Homemade WW Choco Chip Banana Bread (V) Mozzarella Cheese Stick** Cranberry Juice Choice of Milk</p>	<p>10/20/2023</p> <p>Sunny Day Parfait w/ Mandarines & Pears (V) Choice of Milk</p>
<p>10/23/2023</p> <p>Honey Bun WG Cheerios Cereal (V/VG) Fruit Punch Juice Choice of Milk</p>	<p>10/24/2023</p> <p>Carrot - Pineapple WG Muffin (V) Bananas Choice of Milk</p>	<p>10/25/2023</p> <p>Yoplait Yogurt & Granola (V) Fresh Apples Choice of Milk</p>	<p>10/26/2023</p> <p>WG Croissant w/ American Cheese(V) Fresh Tangerines Choice of Milk</p>	<p>10/27/2023</p> <p>Raspberry Peach Sour Cream Quick Bread (V) Fresh Pears Choice of Milk</p>
<p>10/30/2023</p> <p>WG Banana Muffin (V) Fresh Pears Choice of Milk</p>	<p>10/31/2023</p> <p>Peach Crisp Overnight Oats (V) Apples Choice of Milk</p>	<p>11/01/2023</p> <p>Sweet Potato Pie Parfait (V) Orange Juice Choice of Milk</p>	<p>11/02/2023</p> <p>WG Cocoa Puff Cereal Bananas Choice of Milk</p>	<p>11/03/2023</p> <p>WG Bagel (V/VG) w/ Cream Cheese & Jelly Fresh Tangerines Choice of Milk</p>

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: Apples (PA), Sweet Potato (MD / PA)**

**Dairy - Free (DF), Gluten Free (GF), Vegan (VG), *Vegetarian (V) options available daily upon request.
WG = Whole Grain WW = Whole Wheat**

Sep 19, 2023