

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 align="right">11/06/2023</p> <p>WG Corn Muffin Fresh Apples Choice of Milk</p>	<p align="right">11/07/2023</p> <p>NO SCHOOL TODAY</p>	<p align="right">11/08/2023</p> <p>Homemade WW Sweet Potatoes Waffles (V/VG) Syrup Maple (ss) Fresh Pears Choice of Milk</p>	<p align="right">11/09/2023</p> <p>Peachy WG Cinnamon Roll Cobbler (V) Fruit Punch Juice Choice of Milk</p>	<p align="right">11/10/2023</p> <p>NO SCHOOL TODAY</p>
<p align="right">11/13/2023</p> <p>WG Pancakes & Turkey Sausage on a Stick** Veggie Patty & WG Pancakes (V) Syrup Maple (ss) Fresh Apples Choice of Milk</p>	<p align="right">11/14/2023</p> <p>Blueberry Lemon Yogurt Whole Wheat Muffins Bananas Choice of Milk</p>	<p align="right">11/15/2023</p> <p>WW Egg Burrito w/ Turkey Breast & Cheese WW Egg & Cheese Burrito (V) Fresh Tangerines Choice of Milk</p>	<p align="right">11/16/2023</p> <p>Yoplait Yogurt & Granola (V) Orange Juice Choice of Milk</p>	<p align="right">11/17/2023</p> <p>WG French Toast Sticks (V/VG) Syrup Maple (ss) Fresh Pears Choice of Milk</p>
<p align="right">11/20/2023</p> <p>Cinnamon Soft Round Granola Bar (V) Orange Pineapple Juice Choice of Milk</p>	<p align="right">11/21/2023</p> <p>Carrot - Pineapple WG Muffin (V) Fresh Pears Choice of Milk</p>	<p align="right">11/22/2023</p> <p>NO SCHOOL TODAY</p>	<p align="right">11/23/2023</p> <p>NO SCHOOL TODAY</p>	<p align="right">11/24/2023</p> <p>NO SCHOOL TODAY</p>
<p align="right">11/27/2023</p> <p>Cereal WG Cheerios (V/VG) Yoplait Yogurt Fresh Pears Choice of Milk</p>	<p align="right">11/28/2023</p> <p>Whole Grain Pancakes (V) Maple Syrup (ss) Orange Juice Choice of Milk</p>	<p align="right">11/29/2023</p> <p>Raspberry Peach Sour Cream Quick Bread (V) Bananas Choice of Milk</p>	<p align="right">11/30/2023</p> <p>WG Banana Muffin (V) Mozzarella Cheese Stick** Fresh Tangerines Choice of Milk</p>	<p align="right">12/01/2023</p> <p>WW Zucchini Bread (V/VG) Fresh Apples 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/ NC)**

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