

Spring/Early Fall Cycle - Lunch HHFKA 9-12 (age 14-18)

Menu subject to change. For any questions or comments please contact us directly.

Monday	Tuesday	Wednesday	Thursday	Friday
<p align="right">11/06/2023</p> <p>WG Penne Pasta & Meatballs WG Penne Pasta & Veggie Meatballs (V/VG) Fresh Pears Choice of Milk</p>	<p align="right">11/07/2023</p> <p>Chinese Chicken Fried Rice w/Corn,Peas, G Beans Chicken Meatless Fried Rice w/Corn,Peas, G Beans Grape Juice Cranberry Dried(ss)** Choice of Milk</p>	<p align="right">11/08/2023</p> <p>Breaded Chicken Nuggets Vegan Chicken Nuggets WG Biscuit BBQ Sauce (ss) Roasted Cauliflower & Broccoli Medley Fresh Apples Choice of Milk</p>	<p align="right">11/09/2023</p> <p>Spanish B. Rice w/Chicken Kidney Beans & Tomato B.Rice w/Chicken Meatless Kidney Bean & Tomato V/VG Bananas Choice of Milk</p>	<p align="right">11/10/2023</p> <p align="center">NO SCHOOL TODAY</p>
<p align="right">11/13/2023</p> <p>Lime Chicken Black Beans & Br. Rice Lime Chicken Meatless w/ Bk. Bean & Br. Rice(V/VG) Fresh Tangerines Choice of Milk</p>	<p align="right">11/14/2023</p> <p>Turkey Meatballs WG Sub. w/Cheese Veggie Meatballs WG Submarine (V/VG) Sauted Green Collards Fresh Pears Choice of Milk</p>	<p align="right">11/15/2023</p> <p>Italian Tk. Sausage w/ Zucchini,Potato, & Carrot Veggie Italian Crumble w/ Zucchini,Potato, & Carrot Steamed Brown Rice Cranberry Juice Cranberry Dried(ss)** Choice of Milk</p>	<p align="right">11/16/2023</p> <p>Cheese Beef Burger & WG Bun Vegan Burger (V/VG) Sweet Creamy Coleslaw Mayonnaise SS Pouch (LS) Ketchup (ss) Bananas Choice of Milk</p>	<p align="right">11/17/2023</p> <p>Carved Turkey Carved Meatless Turkey(VG) Fresh Green Beans Roasted Sweet Potatoes WG Biscuit Pumpkin Pie Fresh Apples Choice of Milk</p>
<p align="right">11/20/2023</p> <p align="center">NO SCHOOL TODAY</p>	<p align="right">11/21/2023</p> <p align="center">NO SCHOOL TODAY</p>	<p align="right">11/22/2023</p> <p align="center">NO SCHOOL TODAY</p>	<p align="right">11/23/2023</p> <p align="center">NO SCHOOL TODAY</p>	<p align="right">11/24/2023</p> <p align="center">NO SCHOOL TODAY</p>
<p align="right">11/27/2023</p> <p>WG Caprese Pasta (V) Fresh Apples Choice of Milk</p>	<p align="right">11/28/2023</p> <p>Crunchy Chicken WG Wrap w/Bufalo & Ranch Dress. Crunchy Veggie WG Wrap w/Bufalo & Ranch Dress. Green Beans & Corn Medley Fresh Pears Choice of Milk</p>	<p align="right">11/29/2023</p> <p>Grilled Chicken over Brown Rice Grilled Chicken Meatless over Brown Rice Tomato-Garlic Lentils Bowls (V/VG) Mixed Fruits Choice of Milk</p>	<p align="right">11/30/2023</p> <p>Strawberry & Mix Greens Salad w/Chicken & Feta C. Strawberry & Mix Greens Salad w/Meatless Chicken WG Biscuit Cranberry Juice Choice of Milk</p>	<p align="right">12/01/2023</p> <p align="center">NO SCHOOL TODAY</p>

Available Choice of Milk: Unflavored 1% or skim milk, Lactose Free or Soy (Upon Request)

ALL MEALS INCLUDE: 1 cup of FRESH FRUIT or 100% Juice & 1 cup of vegetables daily

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/VA), Broccoli (VA), Tomatoes (PA), Cauliflower (PA/MD), Peppers (VA), Lettuce (PA), Zucchini (Squash Winter)(MD), Green Beans (MD), Cabbage (VA), Potato (PA/MD), Collards Green (MD), Carrots(VA).

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

Please reach out to us if you have questions or comments at menu@luncherasdisi.com

Oct 18, 2023

Spring/Early Fall - LUNCH HHFKA 6-8 (age 11-13)



Monday	Tuesday	Wednesday	Thursday	Friday
<p>11/06/2023</p> <p>WG Penne Pasta & Beef Meatballs WG Penne Pasta & Veggie Meatballs (V/VG) Fresh Pears Choice of Milk</p>	<p>11/07/2023</p> <p>Chinese Chicken Fried Rice w/Corn,Peas, G Beans Chicken Meatless Fried Rice w/Corn,Peas, G Beans Grape Juice Choice of Milk</p>	<p>11/08/2023</p> <p>Breaded Chicken Nuggets Vegan Chicken Nuggets WG Biscuit BBQ Sauce (ss) Roasted Potatoes, Broccoli & Cauliflower Apples Choice of Milk</p>	<p>11/09/2023</p> <p>Spanish B. Rice w/Chicken Kidney Beans & Tomato B.Rice w/Chicken Meatless Kidney Bean & Tomato V/VG Bananas Choice of Milk</p>	<p>11/10/2023</p> <p>NO SCHOOL TODAY</p>
<p>11/13/2023</p> <p>Lime Chicken Black Beans & Br. Rice Lime Chicken Meatless w/ Bk. Bean & Br. Rice(V/VG) Fresh Tangerines Choice of Milk</p>	<p>11/14/2023</p> <p>Turkey Meatballs WG Sub. w/Cheese Veggie Meatballs WG Submarine (V/VG) Sauted Green Collards Fresh Pears Choice of Milk</p>	<p>11/15/2023</p> <p>Italian Tk. Sausage w/ Zucchini,Potato & Carrot Veggie Italian Crumble w/ Zucchini,Potato & Carrot Steamed Brown Rice Cranberry Juice Choice of Milk</p>	<p>11/16/2023</p> <p>Cheese Beef Burger & WG Bun Vegan Burger (V/VG) Sweet Creamy Coleslaw Ketchup (ss) Bananas Choice of Milk</p>	<p>11/17/2023</p> <p>Carved Turkey Carved Meatless Turkey(VG) Fresh Green Beans Sweet Potatoes WG Biscuit Pumpkin Pie Apples Choice of Milk</p>
<p>11/20/2023</p> <p>NO SCHOOL TODAY</p>	<p>11/21/2023</p> <p>NO SCHOOL TODAY</p>	<p>11/22/2023</p> <p>NO SCHOOL TODAY</p>	<p>11/23/2023</p> <p>NO SCHOOL TODAY</p>	<p>11/24/2023</p> <p>NO SCHOOL TODAY</p>
<p>11/27/2023</p> <p>WG Caprese Pasta (V) Apples Choice of Milk</p>	<p>11/28/2023</p> <p>Crunchy Chicken WG Wrap w/Bufalo & Ranch Dress. Crunchy Veggie WG Wrap w/Bufalo & Ranch Dress. Green Beans & Corn Medley Fresh Pears Choice of Milk</p>	<p>11/29/2023</p> <p>Grilled Chicken over Brown Rice Grilled Chicken Meatless over Brown Rice Tomato-Garlic Lentils Bowls (V) Mixed Tropical Fruit Choice of Milk</p>	<p>11/30/2023</p> <p>Strawberry & Mix Greens Salad w/Chicken & Feta C. Strawberry & Mix Greens Salad w/Meatless Chicken WG Roll Cranberry Juice Choice of Milk</p>	<p>12/01/2023</p> <p>NO SCHOOL TODAY</p>

Available Choice of Milk: Unflavored 1% milk, unflavored skim milk, Lactose Free or Soy (Upon Request)

**** Denotes meals only for K to 8th**

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/VA), Broccoli (VA), Tomatoes (PA), Cauliflower (PA/MD), Peppers (VA), Lettuce (PA), Zucchini (Squash Winter)(MD), Green Beans (MD), Cabbage (VA), Potato (PA/MD), Collards Green (MD), Carrots(VA).

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

Please reach out to us if you have questions or comments at menu@luncherasdisi.com

Oct 18, 2023

Spring/ Early Fall Cycle - Breakfast HHFKA K-12 (age 5-18)

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>Homemade WW Sweet Potatoes Waffles (V/VG) Maple Syrup (ss) Bananas Choice of Milk</p>	<p align="right">11/08/2023</p> <p>WG Cocoa Puff Cereal Go Gurts 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) Maple Syrup (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>WG French Toast Sticks (V/VG) Syrup Maple (ss) Fresh Pears Choice of Milk</p>	<p align="right">11/17/2023</p> <p>Yoplait Yogurt & Granola (V) Orange Juice Choice of Milk</p>
<p align="right">11/20/2023</p> <p>NO SCHOOL TODAY</p>	<p align="right">11/21/2023</p> <p>NO SCHOOL TODAY</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>NO SCHOOL TODAY</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**