

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

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
<p align="right">08/22/2022</p> <p>Cinnamon Toast Crunch Cup (V/VG) Yoplait Yogurt Bananas Choice of Milk</p>	<p align="right">08/23/2022</p> <p>WW Taco Breakfast incl. (Egg, Cheese &amp;Tkey Bacon) Taco Breakfast w/Cheese Sub &amp; Veggie Beef (V/VG) Fruit Punch Juice Choice of Milk</p>	<p align="right">08/24/2022</p> <p>WW Zucchini Bread (V) Fresh Oranges Cranberry Dried Choice of Milk</p>	<p align="right">08/25/2022</p> <p>WG French Toast Sticks (V) Maple Syrup (ss) Fresh Apples Choice of Milk</p>	<p align="right">08/26/2022</p> <p>Homemade Strawberry WW Muffin (V) Fresh Pears Choice of Milk</p>
<p align="right">08/29/2022</p> <p>Cereal WG Cheerios Yoplait Yogurt Fresh Apples Choice of Milk</p>	<p align="right">08/30/2022</p> <p>Whole Grain Pancakes (V) Strawberry Syrup Cranberry Juice Choice of Milk</p>	<p align="right">08/31/2022</p> <p>Grits, Cheese &amp; Bacon Squares Grits, Vegan Cheese &amp; Veggie Bacon Square(V/VG) Fresh Pears Choice of Milk</p>	<p align="right">09/01/2022</p> <p>Cinnamon Soft Round Granola Bar (V) Bananas Choice of Milk</p>	<p align="right">09/02/2022</p> <p>Homemade WW Sweet Potatoes Waffles (V) Syrup Maple (ss) Fresh Oranges Choice of Milk</p>
<p align="right">09/05/2022</p> <p>NO SCHOOL TODAY</p>	<p align="right">09/06/2022</p> <p>Homemade WW Pumpkin Bread (V) Fresh Pears Choice of Milk</p>	<p align="right">09/07/2022</p> <p>Cinn. Raisin WG Bagel(VG) Cream Cheese Jelly (ss) Fresh Apples Choice of Milk</p>	<p align="right">09/08/2022</p> <p>Strawberry Chocolate Overnight Oats (V) Bananas Choice of Milk</p>	<p align="right">09/09/2022</p> <p>WG Pancakes &amp; Turkey Sausage on a Stick** Veggie Patty &amp; WG Pancakes (V) Mozzarella Cheese Stick** Fresh Oranges Choice of Milk</p>
<p align="right">09/12/2022</p> <p>Yoplait Yogurt &amp; Granola (V) Fresh Apples Choice of Milk</p>	<p align="right">09/13/2022</p> <p>WG Apple Strudel (V) Fresh Pears Choice of Milk</p>	<p align="right">09/14/2022</p> <p>Cereal Cheerios Multigrain (V/VG) Bananas Choice of Milk</p>	<p align="right">09/15/2022</p> <p>Turkey Sausage WG Pizza Breakfast Cheese WG Pizza Break.(V) Fruit Punch Juice Choice of Milk</p>	<p align="right">09/16/2022</p> <p>Chocolate Banana WW French Toast Baked (V) Fresh Oranges Cranberry Dried Strawberry Flavored** Choice of Milk</p>
<p align="right">09/19/2022</p> <p>Zucchini Cheddar WW Muffin (V) Fresh Pears Choice of Milk</p>	<p align="right">09/20/2022</p> <p>Cinnamon Toast Crunch Cup (V/VG) Bananas Choice of Milk</p>	<p align="right">09/21/2022</p> <p>WW Taco Breakfast incl. (Egg, Cheese &amp;Tkey Bacon) Taco Breakfast w/Cheese Sub &amp; Veggie Beef (V/VG) Cranberry Juice Choice of Milk</p>	<p align="right">09/22/2022</p> <p>WG French Toast Sticks (V) Maple Syrup (ss) Fresh Apples Choice of Milk</p>	<p align="right">09/23/2022</p> <p>NO SCHOOL TODAY</p>

09/26/2022

Whole Grain Pancakes (V)  
Strawberry Syrup  
Fruit Punch Juice  
Choice of Milk

09/27/2022

WW Zucchini Bread (V)  
Mozzarella Cheese Stick\*\*  
Fresh Apples  
Choice of Milk

09/28/2022

NO SCHOOL TODAY

09/29/2022

Cereal WG Cheerios  
Bananas  
Choice of Milk

09/30/2022

Cinnamon Soft Round  
Granola Bar (V)  
Cranberry Dried  
Raspberry\*\*  
Fresh Oranges  
Choice of Milk

**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 Lunch menu: Apples (PA/ VA), Pears (PA/ MD), Sweet Potatoes (DE/ PA/ MD), Zucchini (MD / NC)**

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

Jul 28, 2022