

Spring/Fall - LUNCH (Prek 3/4 to 8th) HHFKA K-8 (age 5-13)

Monday	Tuesday	Wednesday	Thursday	Friday
<p>08/22/2022</p> <p>WG Penne Pasta & Meatballs WG Penne Pasta & Veggie Meatballs (V/VG) Apples Choice of Milk</p>	<p>08/23/2022</p> <p>Grilled Chicken Baked Chickenless (V/VG) Brown Rice w/ Bl. Beans & Sweet Plantains (V) Fresh Pears Choice of Milk</p>	<p>08/24/2022</p> <p>BYO Turkey Nachos WG w/ Romaine & Corn Pico BYO Meatless Nachos WG w/Rom. & Corn Pico (V/VG) Sour Cream (ss) Bananas Choice of Milk</p>	<p>08/25/2022</p> <p>Hawaiian Chicken WW Wrap w/ Broccoli & Carrot H. Chicken Meatless Wrap w/Broccoli & Carrots (V) Fruit Punch Juice Choice of Milk</p>	<p>08/26/2022</p> <p>Cheese Lunch Pizza w/ Chicken & Beef Pepperoni Cheese Lunch Pizza (V) Green Beans & Corn Medley Ranch Dressing (ss) Fresh Oranges Choice of Milk</p>
<p>08/29/2022</p> <p>Turkey Breast & Provolone WW Sandwich Plant Based Tk. Slices & Provolone WW Sandwich (V) Veggie Stir-Fry w/Ginger, Carrot, Gn.Beans & Broc. Bananas Choice of Milk</p>	<p>08/30/2022</p> <p>WG Caprese Pasta (V) Fresh Peaches** Fresh Pears* Choice of Milk</p>	<p>08/31/2022</p> <p>Brown Rice w/ Cheese w/Pinto Beans & Corn(V) Fresh Oranges Choice of Milk</p>	<p>09/01/2022</p> <p>Cheese Burger & WG Bun Cheese Veggie Burger & WG Bun (V) Potato French Fries Mayonnaise SS Pouch (LS) Ketchup (ss) Apples Choice of Milk</p>	<p>09/02/2022</p> <p>Chicken Drumstick Baked Chickenless (V/VG) Savory Brown Rice Pilaf Roasted Broccoli Cranberry Juice Choice of Milk</p>
<p>09/05/2022</p> <p>NO SCHOOL TODAY</p>	<p>09/06/2022</p> <p>Turkey Bacon, Lettuce & Tomato (BLT) Wrap Veggie BLT WW Wrap w/Lettuce & Tomato (V/VG) Ranch Dressing (ss) Fresh Nectarines** Fresh Oranges* Choice of Milk</p>	<p>09/07/2022</p> <p>Chicken WG Noddles w/Carrots & Spinach Chk. Meatless WG Noddle w/Carrots & Spinach (V) Bananas Choice of Milk</p>	<p>09/08/2022</p> <p>Turkey Hot Dog** on a WG Bun Veggie Hot Dog** WW Grilled Cheese Sandwich* Curry Vegetables w/Potato Tomatos & Green Beans Mayonnaise SS Pouch (LS) Ketchup (ss) Fruit Punch Juice Choice of Milk</p>	<p>09/09/2022</p> <p>Great Garden Stew w/ Squash, Corn & Beans Meatless Stew w/ Squash, Corn & Beans (V) Steamed Brown Rice Apples Choice of Milk</p>
<p>09/12/2022</p> <p>WG Pasta & Turkey Meat Sauce WG Pasta & Turkey Meatless Sauce (V/VG) Bananas Choice of Milk</p>	<p>09/13/2022</p> <p>WW Italian Wrap w/ T. Ham T. Salami & T. Pepperoni WW Wrap w/Plant Based Ham & Bacon (V/VG) Roasted Broccoli Ranch Dressing (ss) Apples Choice of Milk</p>	<p>09/14/2022</p> <p>Stir-Fry Chicken, Squash & Corn over Brown Rice Chicken Meatless, Squash & Corn over Brown Rice Cranberry Juice Choice of Milk</p>	<p>09/15/2022</p> <p>Turkey Sloppy Joe on a WG Bun Veggie Sloppy Joe on a WG Bun (V/VG) Corn,Zucchini, & Tomato Pie w/ Parmesan (V) Fresh Oranges Choice of Milk</p>	<p>09/16/2022</p> <p>Grilled Chicken & WG Pita Grilled Chicken Meatless & WG Pita (V/VG) Balela Salad w/ Garbanzo, Tomato & Cucumber Fresh Pears Choice of Milk</p>
<p>09/19/2022</p> <p>WG Mac & Cheese (V) Green Beans & Corn Medley Apple Juice Choice of Milk</p>	<p>09/20/2022</p> <p>BYO Turkey Nachos WG w/ Romaine & Corn Pico BYO Meatless Nachos WG w/Rom. & Corn Pico (V/VG) Sour Cream (ss) Fresh Oranges Choice of Milk</p>	<p>09/21/2022</p> <p>Spanish B. Rice w/Chicken Kidney Beans & Tomato B.Rice w/Chicken Meatless Kidney Bean & Tomato V/VG Fresh Pears Choice of Milk</p>	<p>09/22/2022</p> <p>WG Penne Pasta & Meatballs WG Penne Pasta & Veggie Meatballs (V/VG) Bananas Choice of Milk</p>	<p>09/23/2022</p> <p>NO SCHOOL TODAY</p>

09/26/2022

Turkey Breast & Provolone
WW Sandwich
Plant Based Tk. Slices &
Provolone WW Sandwich (V)
Veggie Stir-Fry w/Ginger,
Carrot, Gn.Beans & Broc.
Bananas
Choice of Milk

09/27/2022

Cheese Lunch Pizza w/
Chicken & Beef Pepperoni
Cheese Lunch Pizza (V)
Romaine, Tomato and
Cucumber Salad
Ranch Dressing (ss)
Cranberry Juice
Choice of Milk

09/28/2022

NO SCHOOL TODAY

09/29/2022

Brown Rice w/ Cheese
w/Pinto Beans & Corn(V)
Fresh Pears
Choice of Milk

09/30/2022

Cheese Burger & WG Bun
Cheese Veggie Burger
& WG Bun (V)
Potato French Fries
Mayonnaise SS Pouch (LS)
Ketchup (ss)
Apples
Choice of Milk

*** Denotes meal only for PreK. 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.**

**** Denotes meal only for K to 8th (not PreK)**

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), Pears (MD/ PA), Peaches (VA/ PA/ MD), Nectarines (PA), Broccoli (PA), Carrots (MD, PA), Tomatoes (VA / PA/ MD), Potatoes (PA), Sweet Potatoes (MD/PA), Cabbage(PA/MD), Cauliflower (PA/MD), Peppers (PA/ MD), Peppers (DE/VA), Celery (PA), Lettuce (PA), Spinach (PA/ MD), Cucumbers (PA), Zucchini (MD, NC), Squash (PA/MD), Onions (MD).

**Available Choice of Milk: Unflavored 1%, skim unflavored and NF flavored milk, Lactose Free or Soy. Dairy - Free (DF), Gluten Free (GF), Vegan (VG), Vegetarian (V) options available daily upon request.
WG = Whole Grain WW = Whole Wheat**