

**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
07/01/2024 Mini French Toast Cinnamon Crunch (V) Maple Syrup (ss) Fresh Apples Choice of Milk	07/02/2024 Yoplait Yogurt & Granola (V) Cranberry Juice Choice of Milk	07/03/2024 WG English Muffin w/ Egg Patty & Cheese (V) English Muffin & Tofu Scramble (VG) Bananas Choice of Milk	07/04/2024 NO SCHOOL TODAY	07/05/2024 NO SCHOOL TODAY
07/08/2024 WG Bagel (V/VG) w/ Cream Cheese & Jelly Fresh Pears Choice of Milk	07/09/2024 Turkey Patty & WG Biscuit Veggie Patty & Biscuit -V Fresh Tangerines Choice of Milk	07/10/2024 WW Sweet Potato Muffin (V) Bananas Choice of Milk	07/11/2024 WW Taco Breakfast incl. (Egg, Cheese &Tkey Bacon) Taco Bk. w/Tofu,Vegan Ch. & Veggie Crumbles (V/VG) Fruit Punch Juice Choice of Milk	07/12/2024 NO SCHOOL TODAY
07/15/2024 Cereal WG Cheerios (V/VG) Yoplait Yogurt Fresh Apples Choice of Milk	07/16/2024 WG Pancakes & Turkey Sausage on a Stick** Veggie Patty & WG Pancakes (V) Fruit Punch Juice Choice of Milk	07/17/2024 Cinnamon Soft Round Granola Bar (V) Fresh Pears Choice of Milk	07/18/2024 Homemade WW Sweet Potatoes Waffles (V/VG) Syrup Maple (ss) Fresh Tangerines Choice of Milk	07/19/2024 NO SCHOOL TODAY
07/22/2024 NO SCHOOL TODAY	07/23/2024 NO SCHOOL TODAY	07/24/2024 NO SCHOOL TODAY	07/25/2024 NO SCHOOL TODAY	07/26/2024 NO SCHOOL TODAY
07/29/2024 NO SCHOOL TODAY	07/30/2024 NO SCHOOL TODAY	07/31/2024 NO SCHOOL TODAY	08/01/2024 NO SCHOOL TODAY	08/02/2024 NO SCHOOL TODAY

**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 (MD/PA/WV), Sweet Potato (NC).**

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