Fall/Winter BREAKFAST (PreK 3/4 -8th)
DUPONT PARK -PreK- 9 Grade - BREAKFAST
HHFKA K-12 (age 5-18)



Milk, grain, fruit, meat or meat alternative

BREAKFAST

LUNCHERAS disi

Menu subject to change. For any questions or comments please contact us directly at menu@luncherasdisi.com

Monday	Tuesday	Wednesday	Thursday	Friday
11/02/2026 WG Apple Cinnamon Cereal Cheerios (V/VG) Cereal WG Cheerios-(PreK) Yoplait Yogurt Fresh Tangerines Choice of Milk	11/03/2026 Whole Grain Waffles (V) Syrup Maple (ss) Bananas Choice of Milk	11/04/2026 WW Breakfast Roll w/ Cheesy Scramble Eggs (V) Fresh Pears Choice of Milk	11/05/2026 WG English Muffin (V) w/ Turkey Patty WG English Muffin & Veggie Patty (V) Ketchup (ss) Orange Juice Choice of Milk	11/06/2026 Cheesy Grits (V) Fresh Apples Choice of Milk
11/09/2026 NO SCHOOL TODAY	11/10/2026 WG Cinnamon Roll (V) Fresh Apples Choice of Milk	11/11/2026 WG Pancake Bites Poffitz (V) Syrup Maple (ss) Fresh Tangerines Choice of Milk	11/12/2026 Cinnamon Toast Crunch Cereal (V/VG) Cereal WG Cheerios-(PreK) Assorted Light Yogurt Bananas Choice of Milk	11/13/2026 WG Blueberry Muffin(V/DF) Mozzarella Cheese Stick** Fruit Punch Juice Choice of Milk
11/16/2026 WG English Muffin w/ Egg Patty & Cheese (V) Ketchup (ss) Fresh Tangerines Choice of Milk	11/17/2026 WG French Toast Sticks (V/VG) Syrup Maple (ss) Bananas Choice of Milk	11/18/2026 Cereal Cheerios Multigrain (V/VG) Cereal WG Cheerios-(PreK) Yoplait Yogurt Cranberry Juice Choice of Milk	11/19/2026 WG Apple Cinnan. Muffin-V Mozzarella Cheese Stick** Fresh Apples Choice of Milk	11/20/2026 NO SCHOOL TODAY
11/23/2026 NO SCHOOL TODAY	11/24/2026 NO SCHOOL TODAY	11/25/2026 NO SCHOOL TODAY	11/26/2026 NO SCHOOL TODAY	11/27/2026 NO SCHOOL TODAY

* Denotes meal only for PreK. Prek 3/4 servings must include 6 oz of milk, 1/2 serving of grain and 1/2 cup of fruit or 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.**

Available Choice of Milk: **Unflavored 1% or skim 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**

Oct 21, 2026

Fall/ Winter - LUNCH (PreK to 8th Gr.)
DUPONT PARK - PreK - 8 Grade - LUNCH
HHFKA K-8 (age 5-13)

LUNCHERAS disi

Milk, grain, fruit, vegetables, meat or meat alternative

LUNCH

Menu subject to change. For any feedback please contact us directly at menu@luncherasdisi.com



Monday	Tuesday	Wednesday	Thursday	Friday
11/02/2026 Buffalo Chicken Meatless WG Mac & Cheese (V) Baked Chicken Meatless w/ WG Mac & Cheese (V)- PreK Roasted Broccoli Cranberry Juice Choice of Milk	11/03/2026 Ck. Meatless Faijta(V/VG) Fiesta Flame-Roasted Corn & Black Beans Sour Cream (ss) Hot sauce (ss) Apples Choice of Milk	11/04/2026 Greek Veggie Meatballs & Brown Rice Power Bowl(V) Roasted Zucchini Fresh Tangerines Choice of Milk	11/05/2026 DC Mambo Veggie WW Dumplings Blast (V/VG) Honey-Glazed Carrots & Green Beans Bananas Choice of Milk	11/06/2026 Stuffed Crust Pizza w/ Cheese (V) Romaine, Corn & Tomato Salad Fresh Pears Choice of Milk
11/09/2026 NO SCHOOL TODAY	11/10/2026 Veggie WW Quesadilla (VG) Cheesy Refried Beans Bananas Choice of Milk	11/11/2026 WG Cheese Lasagna Rollup w/Marinara (V) Spaghetti & Plant Based Meat Sauce (V/VG) Roasted Broccoli Fresh Tangerines Choice of Milk	11/12/2026 Stuffed Crust Pizza w/ Cheese (V) Roasted Sweet Potatoes & Cauliflower Cranberry Juice Choice of Milk	11/13/2026 BYO Meatless Nachos (V) Corn Pico de Gallo Sour Cream (ss) Apples Choice of Milk
11/16/2026 WG Cheese Lasagna Rollup w/Marinara (V) Spaghetti & Plant Based Meat Sauce (V/VG) WG Garlic Knot Roll (V) Honey Garlic Broccoli & Cauliflower Diced Peaches Choice of Milk	11/17/2026 CHZ Veggie Taco Rice w/ Black Beans & Corn (V/VG) Sour Cream (ss) Apples Choice of Milk	11/18/2026 Baked Chicken Meatless WG Pasta w/Zuch. (V/VG) Fresh Pears Choice of Milk	11/19/2026 Carved Meatless Turkey(VG Fresh Green Beans Cinnamon Roasted Sweet Potatoes WG Roll Pumpkin Pie Fruit Punch Juice Choice of Milk	11/20/2026 NO SCHOOL TODAY
11/23/2026 NO SCHOOL TODAY	11/24/2026 NO SCHOOL TODAY	11/25/2026 NO SCHOOL TODAY	11/26/2026 NO SCHOOL TODAY	11/27/2026 NO SCHOOL TODAY

* 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.**

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

Dairy - Free (DF), **Gluten Free** (GF), **Vegan** (VG), **Vegetarian** (V) **options available daily upon request.**

WG **= Whole Grain** WW = **Whole Wheat**

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