



BREAKFAST

milk, grain, fruit, meat or meat alternative



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

Monday	Tuesday	Wednesday	Thursday	Friday
08/17/2026 WG French Toast Sticks (V/VG) Veggie Breakfast Sausage Strips (V) Syrup Maple (ss) Fresh Apples Choice of Milk	08/18/2026 Cinnamon Toast Crunch Cereal (V/VG) Cereal WG Cheerios-(PreK) Yoplait Yogurt Bananas Choice of Milk	08/19/2026 Veggie Bowl w/Potato, crumbles, egg & cheese(V) Cranberry Juice Choice of Milk	08/20/2026 WG Apple Cinnan. Muffin-V Mozzarella Cheese Stick** Fresh Pears Choice of Milk	08/21/2026 Sunbutter Overnight Oats (V) Diced Peaches Fruit Punch Juice Choice of Milk
08/24/2026 Cereal Cheerios Multigrain (V/VG) Cereal WG Cheerios-(PreK) Yoplait Yogurt Fresh Pears Choice of Milk	08/25/2026 WG English Muffin w/ Veggie Patty & Cheese (V) Ketchup (ss) Fresh Apples Choice of Milk	08/26/2026 WG Blueberry Muffin(V/DF) Mozzarella Cheese Stick** Orange Juice Choice of Milk	08/27/2026 Eggo Mini Maple WW Waffles (V) Syrup Maple (ss) Bananas Choice of Milk	08/28/2026 Yogurt Parfait w/ Mango & Pineapple(V) Fruit Punch Juice Choice of Milk

* 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 12th (not PreK)

Locally Grown Components Daily Served : **According to the season fruits and vegetables locally grown will be added on Breakfast:**

Apples (PA), Sweet Potato (NC)

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



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

LUNCH



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Monday	Tuesday	Wednesday	Thursday	Friday
08/17/2026 Creamy Veggie Lasagna Rollup w/Alfredo Sauce(V) Spaghetti & Plant Based Meat Sauce (V/VG) Roasted Eggplant Fresh Tangerines Choice of Milk	08/18/2026 CHZ Veggie Taco Rice w/ Black Beans & Corn (V/VG) Hot sauce (ss) Applesauce Strawberry Choice of Milk	08/19/2026 DC Mambo Tofu Bites & Brown Rice (V/VG) Sweet Steamed Broccoli Apples Choice of Milk	08/20/2026 Teriyaki Veggie Meatballs (V/VG) WG Roll Honey-Glazed Carrots & Green Beans Bananas Choice of Milk	08/21/2026 Vegan Burger (V/VG) Power up your burger Potatoes & Sw. Potatoes Ketchup (ss) Mustard, Yellow SS Pouch Fresh Oranges Choice of Milk
08/24/2026 Veggie Nuggets w/ WG Roll (V/VG) Southern Sweet Potato BBQ Sauce (ss) Cranberry Juice Choice of Milk	08/25/2026 Veggie WW Quesadilla (VG) Black Bean, Corn & Tomato Salad Hot sauce (ss) Fresh Oranges Choice of Milk	08/26/2026 Greek Veggie Meatballs & Brown Rice Power Bowl(V) Roasted Broccoli & Carrot Fresh Peaches** Fresh Tangerines (PreK)* Choice of Milk	08/27/2026 Baked Chicken Meatless WG Pasta w/Zuch. (V/VG) Apples Choice of Milk	08/28/2026 Stuffed Crust Pizza w/ Cheese (V) Kale Salad w/ Cucumber & Tomatoes (V/VG) Fresh Pears Choice of Milk

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.* MEALS

ONLY FOR PreK ** 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

AUGUST 2026

Locally Grown Calendar



Monday

Tuesday

Wednesday

Thursday

Friday

NO SCHOOL
TODAY

NO SCHOOL
TODAY

NO SCHOOL
TODAY

NO SCHOOL
TODAY

NO SCHOOL
TODAY

NO SCHOOL
TODAY

NO SCHOOL
TODAY

NO SCHOOL
TODAY

NO SCHOOL
TODAY

NO SCHOOL
TODAY

Breakfast:
Apples
(PA/VA)

LUNCH:
Corn
(NJ/DE)

LUNCH:
Apples
(PA/VA)

LUNCH:
Green Beans
(DE)

LUNCH:
Sweet Potato
(NC)

LUNCH:
Sweet Potato
(NC)

LUNCH:
Apples
(PA/VA)

LUNCH:
Carrots
(DE)

Breakfast:
Apples
(PA/VA)

LUNCH:
Green Beans (DE)
Corn (NJ)

LUNCH:
Sweet Potato
(NC)



For more information email us: menu@luncherasdisi.com