



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
10/05/2026 Whole Grain Waffles (V) Syrup Maple (ss) Fresh Apples Choice of Milk	10/06/2026 WG Apple Cinnamon Cereal Cheerios (V/VG) Yoplait Yogurt Bananas Choice of Milk	10/07/2026 Whole Grain Pancakes (V) Cinnamon Applesauce Drizzle (V/VG) Grape Juice Choice of Milk	10/08/2026 Cheddar Cheese Frittata-V WG Biscuit Fresh Oranges Choice of Milk	10/09/2026 Peachy WG Cinnamon Roll Cobbler (V) Cranberry Juice Choice of Milk
10/12/2026 WG Pancake Bites Poffitz (V) Honey (SS) Fresh Apples Choice of Milk	10/13/2026 WG Pizza Bagel w/ Egg & Mozzarella Cheese (V) Fresh Apples Choice of Milk	10/14/2026 Cinnamon Toast Crunch Cereal (V/VG) Cereal WG Cheerios-(PreK) Yoplait Yogurt Fresh Pears Choice of Milk	10/15/2026 WG French Toast Sticks (V/VG) Turkey Sausage Link** Veggie Breakfast Sausage Strips (V) Syrup Maple (ss) Bananas Choice of Milk	10/16/2026 Blueberry Lemon Yogurt Whole Wheat Muffins Mozzarella Cheese Stick** Fresh Oranges Choice of Milk
10/19/2026 Cereal Cheerios Multigrain (V/VG) Cereal WG Cheerios-(PreK) Yoplait Yogurt Fresh Tangerines Choice of Milk	10/20/2026 Veggie Bowl w/Potato, crumbles, egg & cheese(V) Bananas Choice of Milk	10/21/2026 WG Apple Cinnan. Muffin-V Mozzarella Cheese Stick** Fresh Oranges Choice of Milk	10/22/2026 WG English Muffin w/ Veggie Patty & Cheese (V) Ketchup (ss) Fresh Apples Choice of Milk	10/23/2026 Eggo Mini Maple WW Waffles (V) Syrup Maple (ss) Cranberry Juice Choice of Milk
10/26/2026 WG Banana Muffin (V/DF) Fresh Tangerines Choice of Milk	10/27/2026 Egg Spanish Tortilla w/ Potatoes & Onions (V/DF) White WW Loaf Bananas Choice of Milk	10/28/2026 Cereal Cheerios Honey (V) Yoplait Yogurt Fresh Apples Choice of Milk	10/29/2026 WG White Bagel (V/VG) Strawberry Cream Cheese Fruit Punch Juice Choice of Milk	10/30/2026 Spooky Pumpkin WW Waffles (V/VG) Syrup Maple (ss) Fresh Mix Berries Fresh Strawberries (PreK) 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
10/05/2026 Buffalo Chicken Meatless WG Mac & Cheese (V) Roasted Potatoes & Cauliflower Medley Straw- Kiwi Smoothie Choice of Milk	10/06/2026 Ck. Meatless Fajita(V/VG) Fiesta Flame-Roasted Corn & Black Beans Sour Cream (ss) Fresh Apples Choice of Milk	10/07/2026 Veggie Asian BBQ (V/VG) Vegetable Fried Rice w/ Peas, Gr. Beans & Carrot Fresh Oranges Choice of Milk	10/08/2026 DC Mambo Veggie WW Dumplings Blast (V/VG) Roasted Sweet Potatoes & Broccoli Bananas Choice of Milk	10/09/2026 Stuffed Crust Pizza w/ Cheese (V) Kale Salad w/ Cucumber & Tomatoes (V/VG) Pineapple Tidbits Choice of Milk
10/12/2026 Swedish Veggie Meatballs w/ Brown Rice (V/VG) Green Beans Fresh Tangerines Choice of Milk	10/13/2026 Veggie WW Quesadilla (VG) Pico de Gallo Warm Calabacitas w/ Zucchini & Corn Ranch Dressing (ss) Fresh Pears Choice of Milk	10/14/2026 WG Cheese Lasagna Rollup w/Marinara (V) Spaghetti & Plant Based Meat Sauce (V/VG) Roasted Broccoli Fresh Apples Choice of Milk	10/15/2026 Cheesy Turkey Taco Rice w/ Black Beans & Corn CHZ Veggie Taco Rice w/ Black Beans & Corn (V/VG) Sour Cream (ss) Cranberry Juice Choice of Milk	10/16/2026 Crispy Chicken Burger w/American Cheese Vegan Burger (V/VG) Garlic Roasted Potatoes Honey Mustard Sauce (ss) Seedless Grapes Choice of Milk
10/19/2026 Teriyaki Veggie Meatballs (V/VG) WG Biscuit Green Beans & Broccoli Fruit Punch Juice Choice of Milk	10/20/2026 C. Avocado Veggie Rice Bowl w/Corn & Beans (V) Fresh Apples Choice of Milk	10/21/2026 Baked Chicken Meatless Pasta w/Zucchini (V) Fresh Pears Choice of Milk	10/22/2026 Baked Chickenless (V/VG) Steamed Brown Rice Baked Plantains Baked Yuca Fries Fresh Oranges Choice of Milk	10/23/2026 Veggie Nuggets w/ WG Biscuit (V) Roasted Sweet Potatoes Ketchup (ss) Fresh Tangerines Choice of Milk
10/26/2026 WG Mini Cheese Ravioli w/ Marinara Sauce Spaghetti & Plant Based Meat Sauce (V/VG) Roasted Zucchini Fresh Tangerines Choice of Milk	10/27/2026 Vegan Burger (V/VG) Roasted Potatoes Ketchup (ss) Mustard, Yellow SS Pouch Fresh Oranges Choice of Milk	10/28/2026 Crunchy Veggie Taco Salad w/Rom.,Tom. & Cuc. (V) WG Biscuit Fresh Tangerines Choice of Milk	10/29/2026 Veggie Tenders & WG Waffles (V/VG) Roasted Sweet Potatoes Syrup Maple (ss) Fresh Pears Choice of Milk	10/30/2026 Veggie WW Quesadilla (VG) Summer Cannellini Beans Fresh Apples Choice of Milk

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

ALL MEALS INCLUDE: 1 cup of FRESH FRUIT or 100% Juice & 1 cup of vegetables daily

Locally Grown Components Daily Served :

According to the season fruits and vegetables locally grown will be added on Breakfast and/or Lunch menu.

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