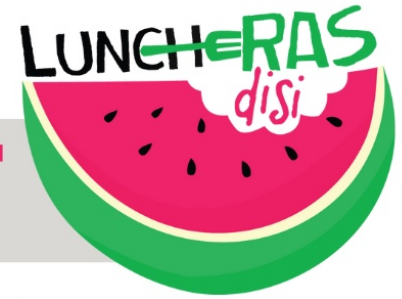




Milk, grain, fruit, meat or meat alternative

BREAKFAST



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



Monday	Tuesday	Wednesday	Thursday	Friday
<p>04/06/2026</p> <p>Cinnamon Toast Crunch Cereal (V/VG) Yoplait Yogurt Fresh Pears Choice of Milk</p>	<p>04/07/2026</p> <p>Whole Grain Pancakes (V) Syrup Maple (ss) Bananas Choice of Milk</p>	<p>04/08/2026</p> <p>Egg Cheese Bite Round (V) WG Roll Fruit Punch Juice Choice of Milk</p>	<p>04/09/2026</p> <p>Chocolate Chip Oatmeal Muffin (V) Fresh Apples Choice of Milk</p>	<p>04/10/2026</p> <p>Yoplait Yogurt & Granola (V) Fresh Oranges Choice of Milk</p>
<p>04/13/2026</p> <p>Cereal Cheerios Honey Yoplait Yogurt Fresh Apples Choice of Milk</p>	<p>04/14/2026</p> <p>Homemade WW Sweet Potatoes Waffles (V/VG) Syrup Maple (ss) Bananas Choice of Milk</p>	<p>04/15/2026</p> <p>Homemade WW Choco Chip Banana Bread (V) Mozzarella Cheese Stick** Fresh Pears Choice of Milk</p>	<p>04/16/2026</p> <p>WG Apple Cinnan. Muffin-V Mozzarella Cheese Stick** Grape Juice Choice of Milk</p>	<p>04/17/2026</p> <p>Peachy WG Cinnamon Roll Cobbler (V) Cranberry Juice Choice of Milk</p>
<p>04/20/2026</p> <p>WG French Toast Sticks (V/VG) Syrup Maple (ss) Fruit Punch Juice Choice of Milk</p>	<p>04/21/2026</p> <p>Cinn. Raisin WG Bagel(VG) Cream Cheese Jelly (ss) Fresh Pears Choice of Milk</p>	<p>04/22/2026</p> <p>Taco Bk. w/Tofu,Vegan Ch. & Veggie Crumbles (V/VG) Fresh Apples Choice of Milk</p>	<p>04/23/2026</p> <p>Blueberry Lemon Yogurt Whole Wheat Muffins Mozzarella Cheese Stick** Bananas Choice of Milk</p>	<p>04/24/2026</p> <p>NO SCHOOL TODAY</p>
<p>04/27/2026</p> <p>NO SCHOOL TODAY</p>	<p>04/28/2026</p> <p>Cereal Cheerios Multigrain (V/VG) Yoplait Yogurt Bananas Choice of Milk</p>	<p>04/29/2026</p> <p>Veggie Patty & WG Pancakes (V) Syrup Maple (ss) Fresh Tangerines Choice of Milk</p>	<p>04/30/2026</p> <p>Baked French Toast WW Muffin (V) Fresh Apples Choice of Milk</p>	<p>05/01/2026</p> <p>WG English Muffin (V) & Cream Cheese Jelly (ss) Fresh Pears Choice of Milk</p>

* 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:**

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

Spring/Fall - LUNCH (Prek to 8th)
DUPONT PARK - K - 8 Grade - LUNCH
HHFKA K-8 (age 5-13)



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contact us directly at menu@luncherasdisi.com

Monday	Tuesday	Wednesday	Thursday	Friday
<p>04/06/2026</p> <p>Chili Flavor Meatless Tomato Macaroni (V/VG) Apples Choice of Milk</p>	<p>04/07/2026</p> <p>Jerk Chicken Meatless & Brown Rice (V/VG) Green Beans & Broccoli BBQ Sauce (ss) Cranberry Juice Choice of Milk</p>	<p>04/08/2026</p> <p>Veggie Nuggets w/WG Roll Roasted Potatoes Ketchup (ss) Fresh Oranges Choice of Milk</p>	<p>04/09/2026</p> <p>Veggie Enchiladas (V) Elote in Cups Sour Cream (ss) Fresh Strawberries Choice of Milk</p>	<p>04/10/2026</p> <p>Vegan Burger (V/VG) Roasted Sweet Potatoes & Black Beans Salad Ketchup (ss) Fresh Pears Choice of Milk</p>
<p>04/13/2026</p> <p>Buffalo Chicken Meatless WG Mac & Cheese (V) Steamed Carrots Fruit Punch Juice Choice of Milk</p>	<p>04/14/2026</p> <p>Veggie Nuggets w/WG Roll Green Beans & Corn Medley Ketchup (ss) Fresh Pears Choice of Milk</p>	<p>04/15/2026</p> <p>Chipotle BBQ Meatless WG Slider (V/VG) Sweet Creamy Coleslaw Fresh Oranges Choice of Milk</p>	<p>04/16/2026</p> <p>B.Rice w/Chicken Meatless Kidney Bean & Tomato V/VG Apples Choice of Milk</p>	<p>04/17/2026</p> <p>Stuffed Crust Pizza w/ Cheese (V) Collards Green & Tomato Salad Bananas Choice of Milk</p>
<p>04/20/2026</p> <p>Veggie Fried Rice w/ Carrot,Corn,Peas, G Beans Soy Sauce Light (ss) Apples Choice of Milk</p>	<p>04/21/2026</p> <p>Baked Chicken Meatless WG Pasta w/Zuch. (V/VG) Cranberry Juice Choice of Milk</p>	<p>04/22/2026</p> <p>Veggie Nuggets w/WG Roll Roasted Broccoli & Potato Medley Honey Mustard Sauce (ss) Fresh Tangerines Choice of Milk</p>	<p>04/23/2026</p> <p>WW Veggie Tacos Al Pastor (V/VG) Black Beans w/ Tomato & Corn Salad Sour Cream (ss) Fresh Pears Choice of Milk</p>	<p>04/24/2026</p> <p>NO SCHOOL TODAY</p>
<p>04/27/2026</p> <p>NO SCHOOL TODAY</p>	<p>04/28/2026</p> <p>Veggie Latin Rice & Bl. Beans (V/VG) Apples Choice of Milk</p>	<p>04/29/2026</p> <p>Stuffed Crust Pizza w/ Cheese (V) Roasted Potatoes & Cauliflower Medley Fruit Punch Juice Choice of Milk</p>	<p>04/30/2026</p> <p>Grilled Chicken Meatless over Brown Rice (VG/DF) Roasted Sweet Potatoes & Broccoli Medley Bananas Choice of Milk</p>	<p>05/01/2026</p> <p>BYO Meatless Nachos w/ Corn Tortillas Chips Shredded Romaine Pico de Gallo Sour Cream (ss) Fresh Tangerines Choice of Milk</p>

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: Apples (PA), Cucumbers (DE,VA,DE,MD,PA), Romaine Lettuce (PA, MD), Spinach (MD), Peppers (DE,VA,PA,MD), Broccoli (VA,PA), Potato (MD,PA), Collards Green (NC), Kale (MD,NC,NJ), Cabbage, (VA,MD,PA,DE,VA), Sweet Potato (NC), Tomato (MD,DE,PA,VA,NC),Cauliflower (PA,MD), Eggplant (VA,PA,NJ,DE/MD), Zucchini (NC), Carrots (PA,NJ,MD), Onions (PA), Squash summer (NC,VA,MD,PA,DE)**

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