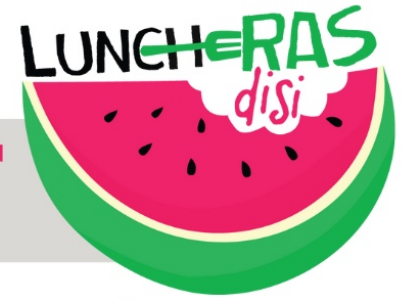




Milk, grain, fruit, meat or meat alternative

BREAKFAST



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



Monday	Tuesday	Wednesday	Thursday	Friday
01/05/2026 WG Lucky Charm Cereal Cereal WG Cheerios-(PreK) Yoplait Yogurt Fresh Apples Choice of Milk	01/06/2026 Oatmeal Soft Round Banana Chocolate Chip (V) Fresh Pears Choice of Milk	01/07/2026 WW Sweet Potato Muffin(V) Mozzarella Cheese Stick** Fruit Punch Juice Choice of Milk	01/08/2026 WG French Toast Sticks (V/VG) Syrup Maple (ss) Bananas Choice of Milk	01/09/2026 Pillsbury Mini Cinnis Cinnamon (V) Fresh Oranges Choice of Milk
01/12/2026 Cinnamon Toast Crunch Cereal (V/VG) Cereal WG Cheerios-(PreK) Yoplait Yogurt Fresh Pears Choice of Milk	01/13/2026 WG Choc. Chip Pancakes(V) Syrup Maple (ss) Bananas Choice of Milk	01/14/2026 Baked French Toast WW Muffin (V) Mozzarella Cheese Stick** Cranberry Juice Choice of Milk	01/15/2026 Apple Homemade Baked Oatmeal Bar (V) Fresh Oranges Choice of Milk	01/16/2026 Waffle Omelet w/Cheese(V) WG Biscuit Fresh Apples Choice of Milk
01/19/2026 NO SCHOOL TODAY	01/20/2026 Cereal Cheerios Multigrain (V/VG) Yoplait Yogurt Fresh Apples Choice of Milk	01/21/2026 WG Pancake Bites Poffitz (V) Syrup Maple (ss) Fresh Pears Choice of Milk	01/22/2026 WG Croissant w/ American Cheese(V) Bananas Choice of Milk	01/23/2026 Homemade WW Gingerbread Muffin (V) Cranberry Juice Choice of Milk
01/26/2026 Cereal Cheerios Honey Cereal WG Cheerios-(PreK) Yoplait Yogurt Fresh Pears Choice of Milk	01/27/2026 Veggie Patty & WG Pancakes (V) Syrup Maple (ss) Bananas Choice of Milk	01/28/2026 Pumpkin- Carrot WW Breakfast Loaf (V) Cranberry Juice Choice of Milk	01/29/2026 WW Breakfast Roll & Scramble Eggs (V) Fresh Apples Choice of Milk	01/30/2026 Veggie Patty & Biscuit -V Fresh Oranges 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 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/ VA /MD), Sweet Potato (NC).

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

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



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
01/05/2026 WG Caprese Pasta (V) Diced Peaches Choice of Milk	01/06/2026 Vegan Burger (V/VG) Roasted Potatoes & Broccoli Medley Ketchup (ss) Fresh Apples Choice of Milk	01/07/2026 Veggie Crumbles (V/VG) Brown Rice w/ Bl. Beans & Sweet Plantains (V) Bananas Choice of Milk	01/08/2026 Chicken Meatless WG Pasta w/Tomato & Spinach(V) Fresh Tangerines Choice of Milk	01/09/2026 Breaded Veggie Tender w/ WG Roll (V/VG) Roasted Sweet Potatoes & Cauliflower BBQ Sauce (ss) Grape Juice Choice of Milk
01/12/2026 Meatless Taco Rice w/Corn Red & Gr. Peppers (V/VG) Apples Choice of Milk	01/13/2026 Stuffed Crust Pizza w/ Cheese (V) Balela Salad w/ Garbanzo, Tomato & Cucumber Fresh Oranges Choice of Milk	01/14/2026 WG Spaghetti & Veggie Meatballs Fresh Pears Choice of Milk	01/15/2026 Br. Rice Chicken Meatless Corn, G. Peas & Carrot(V/VG) Bananas Choice of Milk	01/16/2026 WG Breaded Mozzarella St. Marinara Sauce (ss) Honey Garlic Broccoli & Cauliflower Fruit Punch Juice Choice of Milk
01/19/2026 NO SCHOOL TODAY	01/20/2026 Veggie Philly Sub (V/VG) Roasted Potatoes Fresh Pears Choice of Milk	01/21/2026 WG Pasta Carbonara w/ Meatless Bacon (V) Vanilla Winter Squash (V) Orange Juice Choice of Milk	01/22/2026 Enchilada Brown Rice w/ Bk. Beans & Gr. Peppers-V Apples Choice of Milk	01/23/2026 Veggie Nuggets w/ WG Roll (V/VG) Roasted Sweet Potatoes & Broccoli Medley Ketchup (ss) Fresh Tangerines Choice of Milk
01/26/2026 BBQ Veggie Sider (V/VG) Sweet Potatoes & Kale Salad Grape Juice Choice of Milk	01/27/2026 WG Cheese Lasagna Rollup w/Marinara (V) WG Garlic Knot Roll (V) Sauteed Green Collards Fresh Tangerines Choice of Milk	01/28/2026 Ck. Meatless Fajita(V/VG) Corn Pico de Gallo Sour Cream (ss) Apples Choice of Milk	01/29/2026 Veggie Caesar WW Wrap (V) Garlic Roasted Potatoes Bananas Choice of Milk	01/30/2026 Cranberry Plant Based Chili & Brown Rice (V/VG) Fresh Pears Choice of Milk

*** 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:

Apples (PA/WV), Carrots (MD, PA), Sweet Potatoes (NC), Collards Green (NJ), Potatoes (PA/VA), Winter Squash (PA/NC), Kale (NJ) Carrots (PA), Mushrooms (PA), Collards Green (NC), Cucumber (MD)

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