

Fall/Winter BREAKFAST (PreK 3/4 -8th)
 DUPONT PARK - PreK- 8 Grade - BREAKFAST
 HHFKA K-8 (age 5-13)



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

01/05/2026

WG Lucky Charm Cereal
 Cereal WG Cheerios-(PreK)
 Yoplait Yogurt
 Fresh Apples
 Choice of Milk

01/12/2026

Cinnamon Toast
 Crunch Cereal (V/VG)
 Cereal WG Cheerios-(PreK)
 Yoplait Yogurt
 Fresh Pears
 Choice of Milk

01/19/2026

NO SCHOOL TODAY

01/26/2026

Cereal Cheerios Honey
 Cereal WG Cheerios-(PreK)
 Yoplait Yogurt
 Fresh Pears
 Choice of Milk

Tuesday

01/06/2026

Oatmeal Soft Round
 Banana Chocolate Chip (V)
 Fresh Pears
 Choice of Milk

01/13/2026

WG Choc. Chip Pancakes(V)
 Syrup Maple (ss)
 Bananas
 Choice of Milk

01/20/2026

Cereal Cheerios
 Multigrain (V/VG)
 Yoplait Yogurt
 Fresh Apples
 Choice of Milk

01/27/2026

Veggie Patty
 & WG Pancakes (V)
 Syrup Maple (ss)
 Bananas
 Choice of Milk

Wednesday

01/07/2026

WW Sweet Potato Muffin(V)
 Mozzarella Cheese Stick**
 Fruit Punch Juice
 Choice of Milk

01/14/2026

Baked French
 Toast WW Muffin (V)
 Mozzarella Cheese Stick**
 Cranberry Juice
 Choice of Milk

01/21/2026

WG Pancake
 Bites Poffitz (V)
 Syrup Maple (ss)
 Fresh Pears
 Choice of Milk

01/28/2026

Pumpkin- Carrot
 WW Breakfast Loaf (V)
 Cranberry Juice
 Choice of Milk

Thursday

01/08/2026

WG French
 Toast Sticks (V/VG)
 Syrup Maple (ss)
 Bananas
 Choice of Milk

01/15/2026

Apple Homemade
 Baked Oatmeal Bar (V)
 Fresh Oranges
 Choice of Milk

01/22/2026

WG Croissant w/
 American Cheese(V)
 Bananas
 Choice of Milk

01/29/2026

WW Breakfast Roll &
 Scramble Eggs (V)
 Fresh Apples
 Choice of Milk

Friday

01/09/2026

Pillsbury Mini
 Cinnis Cinnamon (V)
 Fresh Oranges
 Choice of Milk

01/16/2026

Waffle Omelet w/Cheese(V)
 WG Biscuit
 Fresh Apples
 Choice of Milk

01/23/2026

Homemade WW
 Gingerbread Muffin (V)
 Cranberry Juice
 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

Dec 17, 2025



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

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Monday

01/05/2026

WG Caprese Pasta (V)
 Diced Peaches
 Choice of Milk

Tuesday

01/06/2026

Vegan Burger (V/VG)
 Roasted Potatoes
 & Broccoli Medley
 Ketchup (ss)
 Fresh Apples
 Choice of Milk

Wednesday

01/07/2026

Veggie Crumbles (V/VG)
 Brown Rice w/ Bl. Beans
 & Sweet Plantains (V)
 Bananas
 Choice of Milk

Thursday

01/08/2026

Chicken Meatless WG Pasta
 w/Tomato & Spinach(V)
 Fresh Tangerines
 Choice of Milk

Friday

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)
 Sautéed 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

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