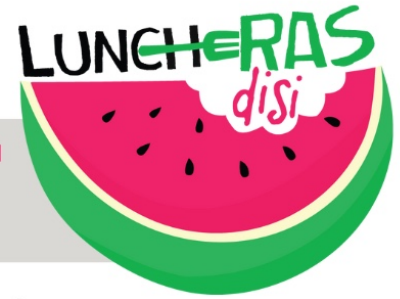


Spring/Fall BREAKFAST (PreK - 8th)
 DUPONT PARK - PreK- 8 Grade - BREAKFAST
 HHFKA K-8 (age 5-13)



Milk, grain, fruit, meat or meat alternative

BREAKFAST



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



Monday	Tuesday	Wednesday	Thursday	Friday
11/03/2025 WG Blueberry Muffin(V/DF) Fresh Pears Choice of Milk	11/04/2025 Cinnamon Toast Crunch Cereal (V/VG) Yoplait Yogurt Fruit Punch Juice Choice of Milk	11/05/2025 Pillsbury WW French Toast Triple Berry TRIIX (V) Syrup Maple (ss) Fresh Oranges Choice of Milk	11/06/2025 WG Croissant w/ American Cheese(V) Fresh Apples Choice of Milk	11/07/2025 WW Breakfast Roll & Scramble Eggs (V) Bananas Choice of Milk
11/10/2025 NO SCHOOL TODAY	11/11/2025 Oatmeal Soft Round Apple Cinnamon Bar (V) Fruit Punch Juice Choice of Milk	11/12/2025 WG Corn Muffin (V) Bananas Choice of Milk	11/13/2025 Yoplait Yogurt & Granola (V) Fresh Pears Choice of Milk	11/14/2025 Veggie Patty & WG Pancakes (V) Syrup Maple (ss) Fresh Oranges Choice of Milk
11/17/2025 WG Banana Muffin (V/DF) Fresh Apples Choice of Milk	11/18/2025 Homemade WW Sweet Potatoes Waffles (V/VG) Syrup Maple (ss) Cranberry Juice Choice of Milk	11/19/2025 Oatmeal Soft Round Banana Chocolate Chip (V) Fresh Pears Choice of Milk	11/20/2025 WW Egg & Cheese Burrito (V) Fresh Oranges Choice of Milk	11/21/2025 NO BREAKFAST
11/24/2025 NO BREAKFAST	11/25/2025 NO SCHOOL TODAY	11/26/2025 NO SCHOOL TODAY	11/27/2025 NO SCHOOL TODAY	11/28/2025 NO SCHOOL TODAY

*** 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 - PreK - 8 Grade - LUNCH
HHFKA K-8 (age 5-13)



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

Monday	Tuesday	Wednesday	Thursday	Friday
11/03/2025 Spaghetti & Plant Based Meat Sauce (V/VG) Apples Choice of Milk	11/04/2025 Veggie Fried Rice w/ Carrot,Corn,Peas, G Beans Fresh Oranges Choice of Milk	11/05/2025 Cheese Lunch Pizza (V) Honey Garlic Broccoli & Cauliflower Bananas Choice of Milk	11/06/2025 BYO Meatless Nachos Black Beans w/ Tomato & Corn Salad Sour Cream (ss) Grape Juice Choice of Milk	11/07/2025 WG Breaded Mozzarella St. Marinara Sauce (ss) Sweet Potatoes Fresh Pears Choice of Milk
11/10/2025 NO SCHOOL TODAY	11/11/2025 Chicken Meatless Fajita WG Pasta(V/VG) Fresh Pears Choice of Milk	11/12/2025 Veggie Kung Pao Chicken w/Carrots & Peppers(V/VG) Steamed Brown Rice Cranberry Juice Choice of Milk	11/13/2025 WG Jumbo Cheese Ravioli w/ Marinara Sauce (V) WG Garlic Knot Roll (V) Steamed Broccoli Bananas Choice of Milk	11/14/2025 Veggie Fajitas (V/VG) Black Bean, Corn & Tomato Salad Sour Cream (ss) Apples Choice of Milk
11/17/2025 Chicken Meatless Teriyaki (V/VG) Steamed Brown Rice SautOed Broccoli & Red Peppers Fresh Pears Choice of Milk	11/18/2025 Vegan Burger (V/VG) Roasted Potatoes Ketchup (ss) Fresh Tangerines Choice of Milk	11/19/2025 WG Cheese Pizza (V) Balela Salad w/ Garbanzo, Tomato & Cucumber Apples Choice of Milk	11/20/2025 Carved Meatless Turkey(VG) Fresh Green Beans Roasted Sweet Potatoes WG Roll Pumpkin Pie Cranberry Juice Choice of Milk	11/21/2025 NO LUNCH
11/24/2025 NO LUNCH	11/25/2025 NO SCHOOL TODAY	11/26/2025 NO SCHOOL TODAY	11/27/2025 NO SCHOOL TODAY	11/28/2025 NO SCHOOL TODAY

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