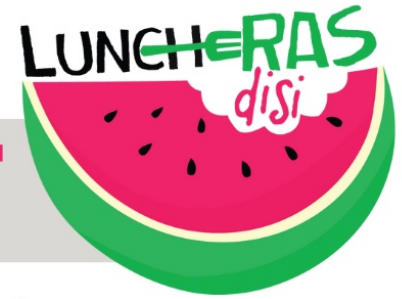


Spring/Fall BREAKFAST (PreK - 8th)
 DUPONT PARK - PreK- 8 Grade - BREAKFAST
 HHFKA K-8 (age 5-13)



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
10/06/2025 WG Croissant w/ American Cheese(V) Fresh Apples Choice of Milk	10/07/2025 Pillsbury WW French Toast Triple Berry TRIX (V) Syrup Maple (ss) Fresh Pears Choice of Milk	10/08/2025 WW Breakfast Roll & Scramble Eggs (V) Cranberry Juice Choice of Milk	10/09/2025 Oatmeal Soft Round Apple Cinnamon Bar (V) Fresh Oranges Fruit Punch Juice Choice of Milk	10/10/2025 WG English Muffin (V) & Cream Cheese Bananas Choice of Milk
10/13/2025 WG Corn Muffin (V) Fresh Oranges Choice of Milk	10/14/2025 Yoplait Yogurt & Granola (V) Fresh Pears Choice of Milk	10/15/2025 Veggie Patty & WG Pancakes (V) Honey (SS) Bananas Choice of Milk	10/16/2025 WG Lucky Charm Cereal Assorted Light Yogurt Fresh Apples Choice of Milk	10/17/2025 Homemade WW Sweet Potatoes Waffles (V/VG) Maple Syrup (ss) Fruit Punch Juice Choice of Milk
10/20/2025 Oatmeal Soft Round Banana Chocolate Chip (V) Fresh Pears Choice of Milk	10/21/2025 WG Pancake Bites Poffitz (V) Maple Syrup (ss) Fresh Apples Choice of Milk	10/22/2025 WW Zucchini Bread (V/VG) Bananas Choice of Milk	10/23/2025 WW Egg & Cheese Burrito (V) Cranberry Juice Choice of Milk	10/24/2025 NO BREAKFAST
10/27/2025 Cereal Cheerios Honey Yoplait Yogurt Fresh Pears Choice of Milk	10/28/2025 WG Banana Muffin (V/DF) Mozzarella Cheese Stick** Fruit Punch Juice Choice of Milk	10/29/2025 WG Cinnamon Roll (V) Fresh Apples Choice of Milk	10/30/2025 WW Mini Bagel Strawberry & Cream Cheese (V) Bananas Choice of Milk	10/31/2025 Egg Cheese Bite Round (V) WG Biscuit Fresh Oranges Orange Juice 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:

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

Sep 24, 2025



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
<div>10/06/2025</div> Spaghetti & Plant Based Meat Sauce (V/VG) Grape Juice Choice of Milk	<div>10/07/2025</div> Veggie Mash Potato Bowl w/Corn & Gravy Fresh Oranges Choice of Milk	<div>10/08/2025</div> Veggie Fried Rice w/ Carrot, Corn, Peas, G Beans Bananas Choice of Milk	<div>10/09/2025</div> WG Breaded Mozzarella St. Marinara Sauce (ss) Black Bean Dip Apples Choice of Milk	<div>10/10/2025</div> Cheese Lunch Pizza (V) Honey Garlic Broccoli & Cauliflower Fresh Pears Choice of Milk
<div>10/13/2025</div> Chicken Meatless Fajita WG Pasta (V/VG) Fruit Punch Juice Choice of Milk	<div>10/14/2025</div> Veggie Kung Pao Chicken w/Carrots & Peppers (V/VG) Steamed Brown Rice Apples Choice of Milk	<div>10/15/2025</div> WG Jumbo Cheese Ravioli w/ Marinara Sauce (V) WG Garlic Knot Roll (V) Roasted Eggplant Cranberry Juice Choice of Milk	<div>10/16/2025</div> Chicken Meatless Teriyaki (V/VG) Steamed Brown Rice SautOed Broccoli & Red Peppers Fresh Pears Choice of Milk	<div>10/17/2025</div> Veggie Fajitas (V/VG) Black Bean, Corn & Tomato Salad Sour Cream (ss) Fresh Oranges Choice of Milk
<div>10/20/2025</div> Ck. Meatless Parmesan(V) Creamy Mashed Potatoes WG Roll Fruit Punch Juice Choice of Milk	<div>10/21/2025</div> Vegan Burger (V/VG) Ketchup (ss) Green Beans & Broccoli Fresh Oranges Choice of Milk	<div>10/22/2025</div> Veggie Crumbles (V/VG) Steamed Brown Rice and Black Beans Baked Plantains Fresh Pears Choice of Milk	<div>10/23/2025</div> Baked Chicken Meatless WG Pasta w/Zuch. (V/VG) Apples Choice of Milk	<div>10/24/2025</div> NO LUNCH
<div>10/27/2025</div> Grilled Cheese Sandwich* Garlic Roasted Potatoes Ketchup (ss) Grape Juice Choice of Milk	<div>10/28/2025</div> Lime Chicken Meatless w/ Bk. Bean & Br. Rice (V/VG) Apples Choice of Milk	<div>10/29/2025</div> WG Cheese Lasagna Rollup w/Marinara (V) WG Garlic Knot Roll (V) Fresh Oranges Choice of Milk	<div>10/30/2025</div> BBQ Veggie Sider (V/VG) Sweet Creamy Coleslaw Fresh Pears Choice of Milk	<div>10/31/2025</div> Veggie Nuggets w/WG Roll Collards Green & Tomato Ketchup (ss) Bananas Choice of Milk

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