Late Fall/ Winter Cycle - BREAKFAST HHFKA K-12 (age 5-18)



Monday

Tuesday

Apple Caramel

WW Bread Pudding (V)

Fruit Punch Juice

Choice of Milk

Wednesday

Thursday

Friday

03/08/2024

03/04/2024 Cinn. Raisin WG Bagel(VG)

Cream Cheese
Fresh Tangerines
Choice of Milk

03/05/2024

Cereal Cheerios Multigrain (V/VG) Assorted Light Yogurt Bananas Choice of Milk Homemade WW Banana Bread (V) Mozzarella Cheese Stick** Fresh Apples Choice of Milk NO SCHOOL TODAY

03/11/2024

Cinnamon Soft Round Granola Bar (V) Fruit Punch Juice Choice of Milk 03/12/2024

WG Blueberry Muffin (V) Fresh Oranges Choice of Milk 03/13/2024

03/06/2024

Homemade WW Sweet Potatoes Waffles (V/VG) Syrup Maple (ss) Bananas Choice of Milk 03/14/2024

03/07/2024

WW Breakfast Roll w/
Cheesy Scramble Eggs (V)
Fresh Apples
Choice of Milk

Sunny Day Parfait w/
Mandarines & Pears (V)
Choice of Milk

03/15/2024

03/18/2024

WG French Toast Sticks (V/VG) Syrup Maple (ss) Fresh Pears Choice of Milk 03/19/2024

WW Egg Burrito & Turkey Sausage Tofu Burrito & Vegan Sausage (V/VG) Fresh Tangerines Choice of Milk 03/20/2024

Cinnamon Toast Crunch Cup (V/VG) Cranberry Juice Choice of Milk 03/21/2024

Homemade WW Gingerbread Muffin (V) Fresh Apples Choice of Milk 03/22/2024

WG Eggo Mini Cinnamon Waffles (V) Syrup Maple (ss) Bananas Choice of Milk

03/25/2024

Cereal WG Cheerios (V/VG) Yoplait Yogurt Fresh Apples Choice of Milk 03/26/2024

Homemade Chocolate Chip Oatmeal WW Muffin (V) Fruit Punch Juice Choice of Milk 03/27/2024

Pillsbury WW French Toast Triple Berry (V) Maple Syrup (ss) Bananas Choice of Milk 03/28/2024

WW Zucchini Bread (V/VG) Mozzarella Cheese Stick** Fresh Oranges Choice of Milk 03/29/2024

WW Taco Breakfast incl.
(Egg, Cheese &Tkey Bacon)
Taco Bk. w/Tofu,Vegan Ch.
& Veggie Crumbles (V/VG)
Fresh Pears
Choice of Milk



Monday

03/04/2024

Turkey Hot Dog** on a WG Bun Veggie Hot Dog** Roasted Potatoes & Sweet Potatoes Ketchup (ss) Fresh Pears Choice of Milk

Tuesday

Roasted Chicken Baked Chickenless (V/VG) Middle Eastern Brown Rice w/Lentils (V/VG) Apples Choice of Milk

Wednesday

Chicken Caesar WW Wrap Chicken Meatless Caesar WW Wrap (V) Vanilla Squash (V) Grape Juice Choice of Milk

Thursday

One Pot Chicken Fajita Pasta w/Rd. & Gr. Pepper Chicken Meatless Fajita WG Pasta(V/VG) Fresh Tangerines Choice of Milk

Friday

03/08/2024

NO SCHOOL TODAY

03/11/2024

Turkey Latin Br. Rice & Bl. Beans Veggie Latin Rice & Bl. Beans (V/VG) Apples Choice of Milk

Creamy Baked Chicken WG Penne Pasta **Baked Chicken Meatless** WG Pasta (V/VG) Roasted Cauliflower Fresh Pears Choice of Milk

03/12/2024

03/05/2024

Crunchy Chicken WG Wrap w/Buffalo & Ranch Dress. Veggie Chicken WG Wrap w/Buffalo & Ranch Dress. Roasted Broccoli w/Garlic & Parmesan Orange Juice Choice of Milk

03/13/2024

03/06/2024

03/14/2024

03/21/2024

03/07/2024

Turkey Meatballs WG Sub. w/Cheese Veggie Meatballs WG Submarine (V/VG) Creamy Mashed Potatoes Fresh Tangerines Choice of Milk

03/15/2024

WG Cheese Pizza (V) Kale Salad w/ Cucumber & Tomatoes (V/VG) Bananas Choice of Milk

03/18/2024

WW Chicken Faijtas w/ Red Peppers WW Chicken Meatless Faijta w/Rd. Pepper(V/VG) Sour Cream (ss) Apples Choice of Milk

03/19/2024

One-Pan Turkey Taco WG Macaroni & Cheese One-Pan Veggie Taco WG Macaroni & Cheese(V) Broccoli Florets Fruit Punch Juice Choice of Milk

Breaded Chicken Nuggets Veggie Chicken Nugget(VG) BBQ Sauce (ss) Roasted Sweet Potatoes Bananas Choice of Milk

03/20/2024

Black Beans & Rice WW Burrito w/Cheese (V) Fresh Pears Choice of Milk

03/22/2024

Beef Burger & WG Bun Vegan Burger (V/VG) Green Beans & Corn Medley Ketchup (ss) Fresh Oranges Choice of Milk

03/25/2024

Fiesta Brown Rice Chicken w/ Corn, G. Peas & Carrot Br. Rice Chicken Meatless Corn,G. Peas &Carrot(V/VG Fresh Pears Choice of Milk

03/26/2024

Chipotle BBQ Pulled Chicken WG Slider Chipotle BBQ Meatless WG Slider (V/VG) Sweet Creamy Coleslaw Fresh Tangerines Choice of Milk

03/27/2024

Cranberry Turkey Chili over Brown Rice Cranberry Plant Based Chili & Brown Rice (V/VG) **Apples** Choice of Milk

03/28/2024

Chicken & Tk. Bacon WG Pasta w/Tomato & Spinach Chicken Meatless WG Pasta w/Tomato & Spinach(V) Grape Juice Choice of Milk

03/29/2024

Cheese Lunch Pizza w/ Chicken & Beef Pepperoni WG Cheese Pizza (V) Roasted Potatoes & Broccoli Medley Bananas Choice of Milk



Monday

Tuesday

Wednesday

Thursday

Friday

03/04/

Turkey Hot Dog** on a WG Bun Veggie Hot Dog** Roasted Potatoes & Sweet Potatoes Ketchup (ss) Fresh Pears Choice of Milk

03/05/2024

Roasted Chicken Baked Chickenless (V/VG) Middle Eastern Brown Rice w/Lentils (V/VG) Fresh Apples Choice of Milk

03/06/2024

Chicken Caesar WW Wrap Chicken Meatless Caesar WW Wrap (V) Vanilla Squash (V) Grape Juice Choice of Milk

03/07/2024

One Pot Chicken Fajita Pasta w/Rd. & Gr. Pepper Chicken Meatless Fajita WG Pasta(V/VG) Fresh Tangerines Choice of Milk NO SCHOOL TODAY

03/11/2024

Latin Rice & Bk. Beans Veggie Plant Based Latin Rice & Black Beans (V/VG) Cranberry Dried(ss)** Apples Choice of Milk

03/12/2024

Creamy Baked Chicken WG Penne Pasta Baked Chicken Meatless WG Penne Pasta (V/VG) Roasted Cauliflower Fresh Pears Choice of Milk

03/13/2024

Crunchy Chicken WG Wrap W/Buffalo & Ranch Dress. Veggie Chicken WG Wrap w/Buffalo & Ranch Dress. Roasted Broccoli w/Garlic & Parmesan Orange Juice Choice of Milk

03/14/2024

Turkey Meatballs WG Sub. w/Cheese Veggie Meatballs WG Submarine (V/VG) Creamy Mashed Potatoes Fresh Tangerines Choice of Milk

03/15/2024

WG Cheese Pizza (V)
Kale Salad w/ Cucumber
& Tomatoes (V/VG)
Bananas
Choice of Milk

03/18/2024

WW Chicken Faijtas w/ Red Peppers WW Chicken Meatless Faijta w/Rd. Pepper(V/VG) Sour Cream (ss) Cranberry Dried(ss)** Apples Choice of Milk

03/19/2024

One-Pan Turkey Taco WG Macaroni & Cheese One-Pan Veggie Taco WG Macaroni & Cheese(V) Roasted Broccoli Fruit Punch Juice Choice of Milk

03/20/2024

Breaded Chicken Nuggets Veggie Nuggets (V/VG) WG Roll Roasted Sweet Potatoes BBQ Sauce (ss) Bananas Choice of Milk

03/21

Black Beans & Rice Burrito w/ Cheese (V) Fresh Pears Choice of Milk

03/22/2024

Beef Burger & WG Bun Vegan Burger (V/VG) Green Beans & Corn Medley Ketchup (ss) Fresh Oranges Choice of Milk

03/25/2024

Fiesta Rice Chicken w/ Corn, G. Peas & Carrot Rice Chicken Meatless w/ Corn,G. Peas & Carrot (VG Fresh Pears Choice of Milk

03/26/2024

Chipotle BBQ Pulled Chicken WG Slider Chipotle BBQ Meatless WG Slider (V/VG) Sweet Creamy Coleslaw Fresh Tangerines Choice of Milk

03/27/2024

Cranberry Turkey Chili over Brown Rice Cranberry Veggie Chili over Brown Rice (V/VG) Cranberry Dried(ss)** Apples Choice of Milk

03/28/2024

Chicken & Tk. Bacon Pasta w/Tomato & Spinach Chicken Meatless Pasta w/Tomato & Spinach(V) Grape Juice Choice of Milk

03/29/2024

Cheese Lunch Pizza w/
Chicken & Beef Pepperoni
WG Cheese Pizza (V)
Roasted Broccoli
& Potato Medley
Bananas
Choice of Milk