Spring/ Early Fall Cycle - Breakfast BASIS Ed DC - 5-12 Grade - BREAKFAST HHFKA K-12 (age 5-18)

. . . . . . . .



Milk, grain, fruit, meat or meat alternative

# BREAKFAST

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

# LUNCHERAS

## Monday

Cinnamon Toast Crunch Cup Assorted Light Yogurt Fresh Apples Choice of Milk

# **Tuesday**

WG Pancakes & Turkey Veggie Patty Syrup Maple (ss)

NO SCHOOL TODAY

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

Turkey Patty & WG Biscuit Veggie Patty & Biscuit -V Fruit Punch Juice Choice of Milk

Pillsbury Mini Cinnis Cinnamon (V) Grape Juice Choice of Milk

Sausage on a Stick\*\* & WG Pancakes (V) Bananas Choice of Milk

Cereal Cheerios

Homemade WW Sweet Potatoes Waffles (V/VG) Syrup Maple (ss) Fresh Tangerines Choice of Milk

Banana Berry Yogurt WW Muffin (V) Fresh Apples Choice of Milk

# Wednesday

Cinnamon Soft Round Granola Bar (V) Fresh Pears Choice of Milk

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

WG Bagel (V/VG) w/ Cream Cheese & Jelly Fresh Apples Choice of Milk

NO SCHOOL TODAY

# **Thursday**

### WG Blueberry Muffin(V/DF) Fresh Oranges Choice of Milk

Waffle Omelet w/ Cheese & Turkey Bacon Waffle Omelet w/Cheese(V) WG Roll Bananas Choice of Milk

Yoplait Yogurt & Granola (V) Fresh Pears Choice of Milk

NO SCHOOL TODAY

# **Friday**

Egg Cheese Bite Round (V) WG Biscuit Seedless Grapes Choice of Milk

NO SCHOOL TODAY

WG Sandwich w/ Jellv & Sunflower Butter (V/VG) Bananas Choice of Milk

NO SCHOOL TODAY

Available Choice of Milk: Unflavored 1% or skim milk, Lactose Free or Soy (upon request)

<u>Locally Grown Components Daily Served:</u> According to the season fruits and vegetables locally grown will be added on Breakfast and/or Lunch menu: Apples (PA), Sweet Potato (NC), Blueberries (PA)

Oct 24, 2024