Fall/ Early winter Cycle - Breakfast LAYC ACADEMY - Breakfast 9-12 HHFKA 9-12 (age 14-18)

.



Milk, grain, fruit, meat or meat alternative

BREAKFAST



Friday

WW Sweet Potato Muffin(V)

Mozzarella Cheese Stick**

Fresh Tangerines

Choice of Milk

Cinnamon Soft Round

Granola Bar (V)

Bananas

Choice of Milk

12/06/2024

12/13/2024

12/20/2024

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

Monday

Cinnamon Toast

Crunch Cereal (V/VG)

Yoplait Yogurt

Fresh Pears

Choice of Milk

12/03/2024

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

Tuesday

12/09/2024

12/02/2024

Banana Berry Yogurt WW Muffin (V) Fruit Punch Juice Choice of Milk

12/16/2024

WG Bagel (V/VG) w/ Cream Cheese & Jelly Bananas

Choice of Milk

12/23/2024

NO SCHOOL TODAY

12/30/2024

NO SCHOOL TODAY

12/10/2024

Egg Cheese Bite Round (V) WG Roll Fresh Tangerines Choice of Milk

12/17/2024

Yoplait Yogurt & Granola (V) Cranberry Juice Choice of Milk

12/24/2024

NO SCHOOL TODAY

NO SCHOOL TODAY

Wednesday

Pillsbury Mini Cinnis Cinnamon (V) Bananas Choice of Milk

12/11/2024

12/04/2024

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

12/18/2024

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

12/25/2024

NO SCHOOL TODAY

NO SCHOOL TODAY

Thursday

WG Choc. Chip Pancakes(V) Svrup Maple (ss) Fresh Apples Choice of Milk

12/12/2024

12/05/2024

Turkey Patty & WG Biscuit Veggie Patty & Biscuit -V Fresh Apples Choice of Milk

12/19/2024

NO SCHOOL TODAY

NO SCHOOL TODAY

12/26/2024

NO SCHOOL TODAY

NO SCHOOL TODAY

12/27/2024

NO SCHOOL TODAY

01/03/2025

NO SCHOOL TODAY

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

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

Dairy - Free (DF), Gluten Free (GF), Vegan (VG), *Vegetarian (V) options available daily upon request.

WG = Whole Grain WW = Whole Wheat

Nov 14, 2024