Late Fall/ Winter Cycle - BREAKFAST LAYC ACADEMY - Breakfast 9-12 HHFKA 9-12 (age 14-18)



Milk, grain, fruit, meat or meat alternative

## BREAKFAST

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

# LUNCHERAS

### 02/03/2025

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

**Monday** 

#### 02/10/2025

Cinnamon Soft Round Granola Bar (V) Fruit Punch Juice Choice of Milk

#### 02/17/2025

NO SCHOOL TODAY

#### 02/24/2025

WG Pancakes & Turkey Sausage on a Stick\*\* Veggie Patty & WG Pancakes (V) Maple Syrup (ss) Fresh Apples Choice of Milk

#### Tuesday

Apple Caramel
WW Bread Pudding (V)
Fruit Punch Juice
Choice of Milk

#### 02/11/2025

02/04/2025

WG Froot Loops Waffles(V) Syrup Maple (ss) Fresh Tangerines Choice of Milk

#### 02/18/2025

NO SCHOOL TODAY

#### 02/25/2025

Pumpkin- Carrot WW Breakfast Loaf (V) Fresh Pears Choice of Milk

#### Wednesday

WG Biscuit w/ Cheesy Scramble Eggs (V) Bananas Choice of Milk

#### 02/12/2025

02/05/2025

WG English Muffin w/ Egg Patty & Cheese (V) Fresh Pears Choice of Milk

#### 02/19/2025

NO SCHOOL TODAY

#### 02/26/2025

WG Bagel (V/VG) w/ Cream Cheese & Jelly Fruit Punch Juice Choice of Milk

### Thursday

WG Choc. Chip Pancakes(V) Maple Syrup (ss) Fresh Oranges Choice of Milk

#### 02/13/2025

02/06/2025

WG Cinnamon Roll (V) Fresh Apples Choice of Milk

#### 02/20/2025

NO SCHOOL TODAY

#### 02/27/2025

WW Waffle & Ck. Patty Waffle & Veggie Patty (V) Honey (SS) Fresh Tangerines Choice of Milk

#### **Friday**

WW Sweet Potato Muffin(V)
Fresh Pears
Choice of Milk

#### 02/14/2025

02/07/2025

WG Blueberry Muffin(V/DF)
Bananas
Choice of Milk

#### 02/21/2025

NO SCHOOL TODAY

#### 02/28/2025

Breakfast Pizza w/ Hash Brown Crust & Roll Vegan Breakfast Pizza w/ Hash Brown Crust & Roll Bananas Choice of Milk

Available Choice of Milk: Unflavored 1% or skim milk, Lactose Free or Soy.

<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/ 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