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

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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

Monday

01/06/2025

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

01/13/2025

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

01/20/2025

NO SCHOOL TODAY

Mozzarella Cheese Stick** Cranberry Juice Choice of Milk

01/27/2025

Mini French Toast Cinnamon Crunch (V) Syrup Maple (ss) Grape Juice Choice of Milk

Tuesday

01/07/2025

WG Choc. Chip Pancakes(V) Maple Syrup (ss) Fruit Punch Juice Choice of Milk

01/14/2025

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

Cereal WG Cheerios (V/VG)

01/28/2025

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

Wednesday

01/08/2025

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

01/15/2025

WG Banana Muffin (V/DF) Fruit Punch Juice Choice of Milk

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

01/29/2025

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

Thursday

01/09/2025

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

01/16/2025

WG Cinnamon Roll (V) Fresh Apples Choice of Milk

01/23/2025

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

01/30/2025

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

Friday

01/10/2025

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

01/17/2025

WG Biscuit & TK. Patty Sandwich WG Biscuit & Veggie Patty Sandwich (V) Bananas Choice of Milk

01/24/2025

Chocolate Chip Oatmeal Muffin (V) Go Gurts Bananas Choice of Milk

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 (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

Dec 16, 2024