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

03/03/2025

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

03/10/2025

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

WG Cinnamon Roll (V) Fresh Tangerines Choice of Milk

03/24/2025

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

NO SCHOOL TODAY

Tuesday

03/04/2025

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

03/11/2025

WG Banana Muffin (V/DF) Fresh Apples Choice of Milk

03/18/2025

Chocolate Chip Oatmeal Muffin (V) Fresh Apples Choice of Milk

03/25/2025

WG Froot Loops Waffles(V) Maple Syrup (ss) Fruit Punch Juice Choice of Milk

04/01/2025

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

Wednesday

03/05/2025

Whole Grain Pancakes (V) Maple Syrup (ss) Fresh Pears Choice of Milk

03/12/2025

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

03/19/2025

Cereal Cheerios Honey Mozzarella Cheese Stick** Cranberry Juice Choice of Milk

03/26/2025

Pumpkin- Carrot WW Breakfast Loaf (V) Bananas

Choice of Milk

04/02/2025

WW Egg Burrito w/ Turkey Breast & Cheese WW Egg & Cheese Burrito (V) Cranberry Juice Choice of Milk

Thursday

WG Blueberry Muffin(V/DF) Cranberry Juice Choice of Milk

03/13/2025

03/06/2025

WG English Muffin w/ Egg Patty & Cheese (V) Cranberry Juice Choice of Milk

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

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

04/03/2025

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

Friday

03/07/2025

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

03/14/2025

Apple Caramel WW Bread Pudding (V) Bananas Choice of Milk

WW Sweet Potato Muffin(V) Bananas Choice of Milk

03/28/2025

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

04/04/2025

WW Zucchini Bread (V/VG) Mozzarella Cheese Stick** 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

Feb 21, 2025