



Milk, grain, fruit, meat or meat alternative

BREAKFAST



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



Monday	Tuesday	Wednesday	Thursday	Friday
09/01/2025 NO SCHOOL TODAY	09/02/2025 WG Bagel (V/VG) w/ Cream Cheese Fresh Pears Choice of Milk	09/03/2025 Egg Cheese Bite Round (V) WG Biscuit Bananas Choice of Milk	09/04/2025 WG Cereal Corn Flakes (V/VG) Apples Choice of Milk	09/05/2025 WG Croissant w/ American Cheese(V) Fresh Tangerines Choice of Milk
09/08/2025 Homemade WW French Toast Honey (SS) Apples Choice of Milk	09/09/2025 WW White Loaf & Hard Boiled Egg Fresh Honeydew Choice of Milk	09/10/2025 WG English Muffin (V) & Cream Cheese Bananas Choice of Milk	09/11/2025 Cereal WG Cheerios (V/VG) Fresh Pears Choice of Milk	09/12/2025 WG Corn Muffin (V) Fresh Oranges Choice of Milk
09/15/2025 Waffle Omelet w/ Cheese & Turkey Bacon Waffle Omelet w/Cheese(V) WG Roll Fresh Tangerines Choice of Milk	09/16/2025 Turkey Sausage Patty & WG Pancakes Veggie Patty & WG Pancakes (V) Honey (SS) Fresh Strawberries Choice of Milk	09/17/2025 Cereal Cheerios Honey Apples Choice of Milk	09/18/2025 Blueberry Lemon Yogurt Whole Wheat Muffins Fresh Pears Choice of Milk	09/19/2025 Homemade WW Sweet Potatoes Waffles (V/VG) Syrup Maple (ss) Bananas Choice of Milk
09/22/2025 Whole Grain Pancakes (V) Honey (SS) Apples Choice of Milk	09/23/2025 WW Zucchini Bread (V/VG) Bananas Choice of Milk	09/24/2025 WW Breakfast Roll & Scramble Eggs (V) Fresh Tangerines Choice of Milk	09/25/2025 WG Bagel (V/VG) w/ Cream Cheese Fresh Cantaloupe Choice of Milk	09/26/2025 WG Apple Mini Muffin (V) Fresh Pears Choice of Milk
09/29/2025 Apple Cinnamon Oatmeal Fresh Tangerines Choice of Milk	09/30/2025 Parfait Yogurt w/Berries Compote & Granola (V) Fresh Pears Choice of Milk	10/01/2025 Whole Grain Pancakes (V) Strawberry Syrup Bananas Choice of Milk	10/02/2025 Egg Cheese Bite Round (V) WG Biscuit Apples Choice of Milk	10/03/2025 WG Cereal Corn Flakes (V/VG) Fresh Watermelon Choice of Milk

Must serve all three (3) components for reimbursable meal.

Ages 1-2: MILK: 4 oz unflavored whole milk for children age 1, MILK: 4 oz unflavored (low fat 1%, Fat Free – Skim) children age 2
FRUIT: 1/4 cup, 1/2 oz equivalent of Grains

Ages 3-5: MILK: 6 oz unflavored (low fat 1%, Fat Free – Skim), FRUIT: 1/2 cup, 1/2 oz equivalent of Grains.

Fruits and vegetables will be served sliced or finely chopped

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

Special Meals: – Dairy-Free (DF), Vegan (VG), Vegetarian (V), and No-Egg options are available daily upon request.
We will substitute ingredients as needed to closely match the main meal while meeting the specified dietary needs.

WG = Whole Grain WW = Whole Wheat

Aug 18, 2025