

Spring/ Early Fall Cycle - Breakfast
HHFKA 9-12 (age 14-18)

Menu subject to change. For any questions or comments please contact us directly at Luncheras.disi@gmail.com

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|--|--|
| <p align="right">09/30/2019</p> <p>Savory Breakfast Muffin Fruit Puch Juice Choice of Milk</p> | <p align="right">10/01/2019</p> <p>Homemade Blueberry Muffin Fresh Pears Choice of Milk</p> | <p align="right">10/02/2019</p> <p>Chocolate Filled Crescent Fresh Apples Choice of Milk</p> | <p align="right">10/03/2019</p> <p>WG Stuffed Cheesy Breakfast Sandwich Bananas Choice of Milk</p> | <p align="right">10/04/2019</p> <p>Homemade Chocolate Chip Oatmeal Muffin Fresh Oranges Choice of Milk</p> |
| <p align="right">10/07/2019</p> <p>Honey Bun Apple Juice Choice of Milk</p> | <p align="right">10/08/2019</p> <p>Oatmeal/ Corn Meal Artesanal Patty w/ Cheese Go Gurts Fresh Oranges Choice of Milk</p> | <p align="right">10/09/2019</p> <p>WW Carrot Muffin Peaches Choice of Milk</p> | <p align="right">10/10/2019</p> <p>WW Zucchini Choco Bar Go Gurts Mixed Fruits Choice of Milk</p> | <p align="right">10/11/2019</p> <p>WG Cheese Biscuit Bananas Choice of Milk</p> |
| <p align="right">10/14/2019</p> <p>NO SCHOOL TODAY</p> | <p align="right">10/15/2019</p> <p>Cinnamon Soft Round Granola Bar Fresh Pears Choice of Milk</p> | <p align="right">10/16/2019</p> <p>Oatmeal Muffin Squares Bananas Choice of Milk</p> | <p align="right">10/17/2019</p> <p>Homemade WG Waffles Syrup (ss) Apple Juice Choice of Milk</p> | <p align="right">10/18/2019</p> <p>Homemade Banana Bread Fresh Oranges Choice of Milk</p> |
| <p align="right">10/21/2019</p> <p>Blueberry Oatmeal Cup Pineapple Choice of Milk</p> | <p align="right">10/22/2019</p> <p>Hard Boiled Egg White WG Loaf Fresh Oranges Choice of Milk</p> | <p align="right">10/23/2019</p> <p>Homemade Blueberry Waffles Fresh Apples Syrup (ss) Choice of Milk</p> | <p align="right">10/24/2019</p> <p>Oatmeal Chocolate Chip Breakfast Fresh Pears Choice of Milk</p> | <p align="right">10/25/2019</p> <p>WW Egg Burrito Bananas Choice of Milk</p> |
| <p align="right">10/28/2019</p> <p>Whole Grain Pancakes Syrup (ss) Fruit Puch Juice Choice of Milk</p> | <p align="right">10/29/2019</p> <p>Apple Homemade Baked Oatmeal Bananas Choice of Milk</p> | <p align="right">10/30/2019</p> <p>Homemade Blueberry Muffin Fresh Pears Choice of Milk</p> | <p align="right">10/31/2019</p> <p>Chocolate Filled Crescent Peaches Choice of Milk</p> | <p align="right">11/01/2019</p> <p>WG Stuffed Cheesy Breakfast Sandwich Fresh Oranges Choice of Milk</p> |

**Available Choice of Milk: Unflavored 1% or skim milk, Lactose Free or Soy.
Dairy - Free (DF), Gluten Free (GF), Vegan (VG), Vegetarian (V) options available daily upon request.
WG = Whole Grain WW = Whole Wheat**

Sep 9, 2019