



Milk, grain, fruit, vegetables,
meat or meat alternative

LUNCH

Pre K (Ages 3-5) - Lunch
BRIYA PCS -LUNCH -PreK3-PreK4



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

Monday	Tuesday	Wednesday	Thursday	Friday
08/24/2026 NO SCHOOL TODAY	08/25/2026 Chicken & Cheese WW Quesadilla Veggie WW Quesadilla (VG) Black Bean Dip Fresh Oranges Choice of Milk	08/26/2026 Greek Tk. Meatballs & Brown Rice Power Bowl Greek Veggie Meatballs & Brown Rice Power Bowl(V) Roasted Broccoli & Carrot Fresh Pears Choice of Milk	08/27/2026 Stuffed Crust Pizza w/ Cheese (V) Roasted Potatoes Ketchup (ss) Apples Choice of Milk	08/28/2026 Baked Chicken WG Penne Pasta Baked Chicken Meatless WG Penne Pasta (V/VG) Roasted Zucchini Fresh Pears Choice of Milk
08/31/2026 WG Jumbo Cheese Ravioli w/ Marinara Sauce (V) Spaghetti & Plant Based Meat Sauce (V/VG) Roasted Sweet Potatoes Fresh Pears Choice of Milk	09/01/2026 Ground Turkey Fajitas Veggie Fajitas (V/VG) Sweet Corn Apples Choice of Milk	09/02/2026 Creamy Avocado Chicken Rice Bowl w/Corn & Beans C. Avocado Veggie Rice Bowl w/Corn & Beans (V) Fresh Strawberries Choice of Milk	09/03/2026 Breaded Chicken Nuggets Veggie Nuggets w/ WG Roll (V/VG) Roasted Sweet Potatoes Bananas Choice of Milk	09/04/2026 Baked Peruvian-Style Chicken Bites* (PreK) Baked Peruvian-Style Tofu Strips (V/VG) WG Roll Baked Yuca Fries Sweet Corn Apples Choice of Milk
09/07/2026 NO SCHOOL TODAY	09/08/2026 WW Chicken Empanadas Veggie WW Quesadilla (VG) Elote in Cups Fresh Tangerines Choice of Milk	09/09/2026 Cajun Alfredo Steak Breadstick Cajun Alfredo Veggie Crumbles Breadstick(V) Roasted Broccoli & Carrot Apples Choice of Milk	09/10/2026 Asian BBQ Turkey Veggie Asian BBQ (V/VG) Vegetable Fried Rice w/ Peas, Gr. Beans & Carrot Bananas Choice of Milk	09/11/2026 Crispy Chicken Burger w/American Cheese Vegan Burger (V/VG) Roasted Sweet Potatoes Honey Mustard Sauce (ss) Fresh Watermelon* Choice of Milk
09/14/2026 Swedish Turkey Meatballs w/ Brown Rice Swedish Veggie Meatballs w/ Brown Rice (V/VG) Steamed Carrots Fresh Tangerines Choice of Milk	09/15/2026 Creamy Veggie Lasagna Rollup w/Alfredo Sauce(V) Spaghetti & Plant Based Meat Sauce (V/VG) Roasted Eggplant Fresh Oranges Choice of Milk	09/16/2026 Cheesy Turkey Taco Rice w/ Black Beans & Corn CHZ Veggie Taco Rice w/ Black Beans & Corn (V/VG) Fresh Pears Choice of Milk	09/17/2026 DC Mambo Chicken WW Dumplings Blast DC Mambo Tofu Bites & Brown Rice (V/VG) Sweet Steamed Broccoli Apples Choice of Milk	09/18/2026 Cheese Beef Burger & WG Bun Vegan Burger (V/VG) Potatoes & Sw. Potatoes Ketchup (ss) Applesauce Strawberry Choice of Milk
09/21/2026 Golden Crispy Chicken Tenders Breaded Veggie Tender w/ WG Roll (V/VG) Roasted Sweet Potatoes Ketchup (ss) Fresh Tangerines Choice of Milk	09/22/2026 Chicken & Cheese WW Quesadilla Veggie WW Quesadilla (VG) Black Bean Dip Bananas Choice of Milk	09/23/2026 Baked Peruvian-Style Chicken Bites* (PreK) Baked Peruvian-Style Tofu Strips (V/VG) WG Roll Baked Yuca Fries Sweet Corn Fresh Oranges Choice of Milk	09/24/2026 Baked Chicken WG Penne Pasta Baked Chicken Meatless WG Penne Pasta (V/VG) Roasted Zucchini Apples Choice of Milk	09/25/2026 Greek Tk. Meatballs & Brown Rice Power Bowl Greek Veggie Meatballs & Brown Rice Power Bowl(V) SautOed Collards Green Fresh Cantaloupe Choice of Milk
09/28/2026 Teriyaki Beef Meatballs Teriyaki Veggie Meatballs (V/VG) WG Roll Honey-Glazed Carrots & Green Beans Fresh Pears Choice of Milk	09/29/2026 WG Mini Cheese Ravioli w/ Marinara Sauce (V) Spaghetti & Plant Based Meat Sauce (V/VG) Roasted Sweet Potatoes Fresh Tangerines Choice of Milk	09/30/2026 Ground Turkey Fajitas Veggie Fajitas (V/VG) Sweet Corn Apples Choice of Milk	10/01/2026 Breaded Chicken Nuggets Veggie Nuggets w/ WG Roll (V/VG) Roasted Potatoes & Cauliflower Medley BBQ Sauce (ss) Pineapple Tidbits Choice of Milk	10/02/2026 Creamy Avocado Chicken Rice Bowl w/Corn & Beans C. Avocado Veggie Rice Bowl w/Corn & Beans (V) Fresh Oranges Choice of Milk

Must serve all five (5) components for a reimbursable meal. 6 oz of Milk . 1.5 oz of Meat or Meat Alternative, 1/2 serving of grain, 1/4 cup of vegetables and/or 1/4 cup of fruits. Available Choice of Milk: **Unflavored 1% or skim milk, Lactose Free or Soy (Upon Request).** PreK will always have sliced or finely chopped fruits.

Locally Grown Components Daily Served : **According to the season fruits and vegetables locally grown will be added on Breakfast and/or Lunch menu: Apples (PA), Green Beans (DE), Potato (PA), Sweet Potato (NC/PA), Green Peas (NJ), Corn (NJ), Kale (NJ), Collards Green (NJ), Peppers (PA)**

Dairy - Free (DF), Gluten Free (GF), Vegan (VG), Vegetarian (V) options available daily upon request.

WG = Whole Grain WW = Whole Wheat

Aug 17, 2026