



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
<p>01/06/2025</p> <p>WG Caprese Pasta (V) Fresh Tangerines Choice of Milk</p>	<p>01/07/2025</p> <p>Jerk Chicken & Brown Rice Jerk Chicken Meatless & Brown Rice (V/VG) Sauted Collards Green Diced Peaches Choice of Milk</p>	<p>01/08/2025</p> <p>Chipotle BBQ Pulled Chicken WG Slider Chipotle BBQ Meatless WG Slider (V/VG) Sweet Creamy Coleslaw Apples Choice of Milk</p>	<p>01/09/2025</p> <p>Tk. Breast Strips w/Gravy w/Mashed Potato & Biscuit Meatless Strips w/Gravy, Mashed Potato & Biscuit Fresh Oranges Choice of Milk</p>	<p>01/10/2025</p> <p>Grilled Cheese Sandwich* Steamed Broccoli Bananas Choice of Milk</p>
<p>01/13/2025</p> <p>Golden Crispy Chicken Tenders Breaded Veggie Tender w/ WG Roll (V/VG) Roasted Sweet Potatoes Ketchup (ss) Fresh Pears Choice of Milk</p>	<p>01/14/2025</p> <p>Turkey Meatballs w/ Brown Rice & Bk. Beans Veggie Meatballs w/ Brown Rice & Beans (V/VG) Apples Choice of Milk</p>	<p>01/15/2025</p> <p>Cheese Lunch Pizza w/ Chicken & Beef Pepperoni Cheese Lunch Pizza (V) Creamy Mashed Potatoes Bananas Choice of Milk</p>	<p>01/16/2025</p> <p>One Pot Chicken Fajita Pasta w/Rd. & Gr. Pepper Chicken Meatless Fajita WG Pasta(V/VG) Fresh Oranges Choice of Milk</p>	<p>01/17/2025</p> <p>NO SCHOOL TODAY</p>
<p>01/20/2025</p> <p>NO SCHOOL TODAY</p>	<p>01/21/2025</p> <p>Buffalo Chicken WG Mac & Cheese Buffalo Chicken Meatless WG Mac & Cheese (V) Steamed Broccoli Apples Choice of Milk</p>	<p>01/22/2025</p> <p>Orange Chicken Orange Meatless Chicken Fried Brown Rice w/ Corn, Peas & Carrots Bananas Choice of Milk</p>	<p>01/23/2025</p> <p>Italian Tk. WG Pasta w/Tomato & Mushrooms Italian Veggie WG Pasta w/Tomato & Mushrooms Fresh Tangerines Choice of Milk</p>	<p>01/24/2025</p> <p>Breaded Chicken Nuggets Veggie Nuggets w/ WG Roll (V/VG) Steamed Carrots BBQ Sauce (ss) Fresh Oranges Choice of Milk</p>
<p>01/27/2025</p> <p>NO SCHOOL TODAY</p>	<p>01/28/2025</p> <p>Turkey Shepherd's Pie w/ Mashed Potato & Carrot Meatless Shepherd's Pie-V Steamed Brown Rice Fresh Oranges Choice of Milk</p>	<p>01/29/2025</p> <p>Cheese Lunch Pizza (V) Roasted Broccoli Bananas Choice of Milk</p>	<p>01/30/2025</p> <p>Grilled Chicken over Brown Rice Grilled Chicken Meatless over Brown Rice (V/VG) Roasted Sweet Potatoes Fresh Pears Choice of Milk</p>	<p>01/31/2025</p> <p>Crispy Chicken Burger Chicken Meatless Burger (V/VG) Creamy Mashed Potatoes Ketchup (ss) Fresh Tangerines Choice of Milk</p>

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/WV), Carrots (MD, PA), Sweet Potatoes (NC), Collards Green (NJ), Potatoes (PA/VA), Zucchini (PA/NC), Kale (NJ) Carrots (PA), Mushrooms (PA).

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

WG = Whole Grain WW = Whole Wheat