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

LUNCHERAS disi

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

LUNCH

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



Monday	Tuesday	Wednesday	Thursday	Friday
11/02/2026 NO SCHOOL TODAY	11/03/2026 NO SCHOOL TODAY	11/04/2026 Baked Chicken over WG Mac & Cheese Baked Chicken Meatless over WG Mac & Cheese (V) Roasted Zucchini Fresh Tangerines Choice of Milk	11/05/2026 Stuffed Crust Pizza w/ Cheese (V) Sweet Corn Apples Choice of Milk	11/06/2026 Roasted Chicken Veggie Chicken (VG) Brown Rice w/ Bl. Beans & Sweet Plantains (V) Fresh Pears Choice of Milk
11/09/2026 WG Cheese Lasagna Rollup w/Marinara (V) Spaghetti & Plant Based Meat Sauce (V/VG) Fresh Tangerines Choice of Milk	11/10/2026 WW Chicken Empanadas Veggie WW Quesadilla (VG) Cheesy Refried Beans Ranch Dressing (ss) Bananas Choice of Milk	11/11/2026 NO SCHOOL TODAY	11/12/2026 Baked Chicken Steamed Brown Rice Roasted Sweet Potatoes & Broccoli Fresh Watermelon* Choice of Milk	11/13/2026 Crispy Chicken Burger w/American Cheese Vegan Burger (V/VG) Baked French Fries Honey Mustard Sauce (ss) Apples Choice of Milk
11/16/2026 Cheese Lunch Pizza (V) Honey Garlic Broccoli & Cauliflower Diced Peaches Choice of Milk	11/17/2026 WG Mac & Cheddar(PreK) Steamed Broccoli Apples Choice of Milk	11/18/2026 Baked Chicken WG Penne Pasta w/ Zucchini Baked Chicken Meatless WG Pasta w/Zuch. (V/VG) Fresh Pears Choice of Milk	11/19/2026 Breaded Chicken Nuggets Veggie Nuggets (V/VG) Baked French Fries Ketchup (ss) Fresh Tangerines Choice of Milk	11/20/2026 Sliced Carved Turkey w/ Gravy Carved Meatless Turkey(VG Fresh Green Beans Cinnamon Roasted Sweet Potatoes WG Roll Pumpkin Pie Fresh Oranges Choice of Milk
11/23/2026 WG Mini Cheese Ravioli w/ Marinara Sauce (V) Spaghetti & Plant Based Meat Sauce (V/VG) Steamed Carrots Apples Choice of Milk	11/24/2026 Golden Crispy Chicken Tenders Breaded Veggie Tender w/ WG Roll (V/VG) WG Roll Buttered Peas & Corn BBQ Sauce (ss) Fruit Punch Juice Choice of Milk	11/25/2026 NO SCHOOL TODAY	11/26/2026 NO SCHOOL TODAY	11/27/2026 NO SCHOOL TODAY

Must serve all five (5) components for a reimbursable meal. 6 oz of Milk . 1.5 oz of Meat or Meat Alternative, ‰ 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**

Oct 22, 2026