

# Harrisburg Catholic Schools JUNE 2018 Grab 'n Go Breakfast



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				6/1  Cereal Bowl Jungle Crackers Orange Smiles 100% Fruit Juice
6/4  Breakfast Pastry Fresh Apple Slices 100% Fruit Juice  Last Day of School	6/5  	6/6	6/7	6/8
6/11	6/12	6/13	6/14	6/15
6/18	6/19	6/20	6/21	6/22
6/25	6/26	6/27	6/28	6/29

## What Makes a Breakfast Meal?

**Breakfast includes these**

**Meal Components:**

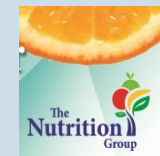
**Grains      Fruits      Milk**

Students with Free Eligibility may participate in both Breakfast & Lunch at no cost.



### **Milk Choices Offered Daily**

- Fat Free Flavored
- Fat Free and Low Fat Unflavored






**Suggestions & Comments  
Contact  
Sharon Kidd, Director of Food Services  
skidd@cdschools.org**

# Harrisburg Catholic Schools

## JUNE 2018 Lunch Menu

MENU SUBJECT TO CHANGE



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>What Makes a Meal?</b></p> <p>Choose 3, 4 or 5 food items from these 5 Components:</p> <ul style="list-style-type: none"> <li>Meat or Meat Alternate</li> <li>Vegetable*</li> <li>Fruit**</li> <li>Grain/Bread</li> <li>Milk</li> </ul> <p>*Lunch must include at least one fruit or vegetable</p>					<p><b>6/1</b></p> <p>Cheese Pizza</p>
	<p><b>6/4</b></p> <p><b>NO LUNCH</b></p> <p>Last Day of School</p>	<p><b>6/5</b></p> 	<p><b>6/6</b></p>	<p><b>6/7</b></p>	<p><b>6/8</b></p>
<p><b>Vegetable Features*</b></p> <p>Daily— Mixed Greens &amp; Dressing</p> <p>Monday—Dark Green Sub-group            Tuesday—"Other" Sub-group            Wednesday—Starchy Sub-group            Thursday—Legumes Sub-group            Friday—Red/Orange Sub-group</p>	<p><b>6/11</b></p>	<p><b>6/12</b></p>	<p><b>6/13</b></p>	<p><b>6/14</b></p>	<p><b>6/15</b></p>
<p><b>Fruit Features**</b></p> <p>Monday—Fresh Fruit of the Day            Tuesday—Fruit in Light Syrup            Wednesday—100% Fruit Juice            Thursday—Fresh Fruit of the Day            Friday—Canned Fruit/Light Syrup</p>	<p><b>6/18</b></p>	<p><b>6/19</b></p>	<p><b>6/20</b></p>	<p><b>6/21</b></p>	<p><b>6/22</b></p>
	<p><b>6/25</b></p>	<p><b>6/26</b></p>	<p><b>6/27</b></p>	<p><b>6/28</b></p>	<p><b>6/29</b></p>
<p><b>Daily Milk Choices</b></p> <p>Fat Free Flavored</p> <p>Fat Free and Low Fat Unflavored</p>					