

Harrisburg Catholic Schools May 2018 Grab 'n Go Breakfast



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	5/1 Cereal Bowl Cinnamon Crisps Chilled Peaches & 100% Juice	5/2 Managers Choice Ultra Bread Slice Fresh Ripe Banana & 100% Juice	5/3 Manager's Choice Mini Waffles Pineapple Tidbits & 100% Juice	5/4 Cereal Bowl Jungle Crackers Orange Smiles & 100% Juice
5/7 Breakfast Pastry Fresh Apple Slices & 100% Juice	5/8 Cereal Bowl Jungle Crackers Chilled Peaches & 100% Juice	5/9 Managers Choice Ultra Bread Slice Fresh Ripe Banana & 100% Juice	5/10 Managers Choice Mini Pancakes Pineapple Tidbits & 100% Juice	5/11 Cereal Bowl 1 Grain Orange Smiles & 100% Juice
5/14 Breakfast Pastry Fresh Apple Slices & 100% Juice	5/15 Cereal Bowl Jungle Crackers Chilled Peaches & 100% Juice	5/16 Managers Choice Ultra Bread Slice Fresh Ripe Banana & 100% Juice	5/17 Manager's Choice Mini Waffles Pineapple Tidbits & 100% Juice	5/18 Cereal Bowl Jungle Crackers Orange Smiles & 100% Juice
5/21 Breakfast Pastry Fresh Apple Slices & 100% Juice	5/22 Cereal Bowl Jungle Crackers Chilled Peaches & 100% Juice	5/23 Managers Choice Ultra Bread Slice Fresh Ripe Banana & 100% Juice	5/24 Managers Choice Mini Pancakes Pineapple Tidbits & 100% Juice	5/25 Cereal Bowl 1 Grain Orange Smiles & 100% Juice
5/28 NO SCHOOL	5/29 Cereal Bowl Jungle Crackers Chilled Peaches & 100% Juice	5/30 Managers Choice Ultra Bread Slice Fresh Ripe Banana & 100% Juice	5/31 Managers Choice Mini Waffles Pineapple Tidbits & 100% Juice	

What Makes a Breakfast Meal?

Breakfast includes these

Meal Components:

Grains Fruits Milk

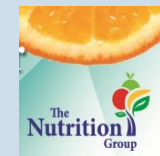
Students with Free Eligibility may participate in both Breakfast & Lunch at no cost.



Milk Choices Offered Daily

Fat Free Flavored

Fat Free and Low Fat Unflavored



Suggestions & Comments
Contact

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Harrisburg Catholic Schools

May 2018 Lunch Menu



What Makes a Meal?

Choose 3, 4 or 5 food items from these 5 Components:

Meat or Meat Alternate

Vegetable*

Fruit**

Grain/Bread

Milk

*Lunch must include at least one fruit or vegetable



Vegetable Features*

Daily— Mixed Greens & Dressing

Monday—Dark Green Sub-group

Tuesday—"Other" Sub-group

Wednesday—Starchy Sub-group

Thursday—Legumes Sub-group

Friday—Red/Orange Sub-group

Fruit Features**

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



Daily Milk Choices

Fat Free Flavored

Fat Free and Low Fat Unflavored

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		5/1 Chicken Nuggets served w/Sliced Bread	5/2 Chicken & Gravy over Biscuit	5/3 Walking Taco	5/4 Grilled Cheese Sandwich served w/Tomato Soup
	5/7 Bacon Cheeseburger	5/8 Breakfast for Lunch French Toast & Sausage	5/9 Pasta & Meat Sauce served w/Dinner Roll	5/10 Breaded Chicken & Cheese Sandwich	5/11 Bagged Lunch Ham & Cheese Sandwich Fresh Fruit Fresh Vegetable Milk
	5/14 Pork Rib BBQ Sandwich	5/15 Bagged Lunch Turkey & Cheese Sandwich Fresh Fruit Fresh Vegetable Milk	5/16 Corn Dog Nuggets	5/17 Breaded Chicken Patty Sandwich	5/18 Cheese Pizza
	5/21 Chicken Nuggets served w/Dinner Roll	5/22 Hot Dog	5/23 Cheeseburger Macaroni & Cheese	5/24 Chicken Salad on Bun	5/25 NO LUNCH
	5/28 NO SCHOOL	5/29 Breakfast for Lunch French Toast & Sausage	5/30 Italian Dunkers	5/31 Walking Taco	