




Harrisburg Catholic Schools January 2019 Grab 'n Go Breakfast



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|--|---|
| | Jan. 1  | Jan. 2  | Jan. 3 Managers Choice Mini Pancakes Pineapple Tidbits & 100% Juice | Jan. 4 Cereal Bowl 1 Grain Applesauce Cup & 100% Juice |
| Jan. 7 Breakfast Pastry Fresh Apple Slices & 100% Juice | Jan. 8 Cereal Bowl Jungle Crackers Chilled Peaches & 100% Juice | Jan. 9 Managers Choice Ultra Bread Slice Fresh Ripe Banana & 100% Juice | Jan. 10 Managers Choice Mini Pancakes Pineapple Tidbits & 100% Juice | Jan. 11 Cereal Bowl 1 Grain Applesauce Cup & 100% Juice |
| Jan. 14 Breakfast Pastry Fresh Apple Slices & 100% Juice | Jan. 15 Cereal Bowl Jungle Crackers Chilled Peaches & 100% Juice | Jan. 16 Managers Choice Ultra Bread Slice Fresh Ripe Banana & 100% Juice | Jan. 17 Managers Choice Mini Pancakes Pineapple Tidbits & 100% Juice | Jan. 18 Cereal Bowl 1 Grain Applesauce Cup & 100% Juice |
| Jan. 21  | Jan. 22 Cereal Bowl Jungle Crackers Chilled Peaches & 100% Juice | Jan. 23 Managers Choice Ultra Bread Slice Fresh Ripe Banana & 100% Juice | Jan. 24 Managers Choice Mini Pancakes Pineapple Tidbits & 100% Juice | Jan. 25 Cereal Bowl 1 Grain Applesauce Cup & 100% Juice |
| Jan. 28 Breakfast Pastry Fresh Apple Slices & 100% Juice | Jan. 29 Cereal Bowl Jungle Crackers Chilled Peaches & 100% Juice | Jan. 30 Managers Choice Ultra Bread Slice Fresh Ripe Banana & 100% Juice | Jan. 31 Managers Choice Mini Pancakes 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.



GENERAL MILLS



Milk Choices Offered Daily

Fat Free Flavored

Fat Free and Low Fat Unflavored

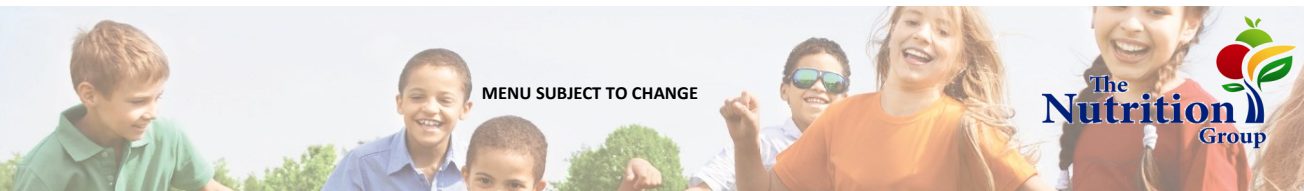


Suggestions & Comments

Contact







Sharon Kidd, Director of Food Services
skidd@cdschools.org

Harrisburg Catholic Schools January 2019 Lunch Menu



MENU SUBJECT TO CHANGE



| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|--|--|--|
| <p>What Makes a Meal?</p> <p>Choose 3, 4 or 5 food items from these 5 Components:</p> <ul style="list-style-type: none"> Meat or Meat Alternate Vegetable* Fruit** Grain/Bread Milk <p>*Lunch must include at least one fruit or vegetable</p> | <p>MONDAY</p> <p>Jan. 1</p>  | <p>TUESDAY</p> <p>Jan. 1</p>  | <p>WEDNESDAY</p> <p>Jan. 2</p>  | <p>THURSDAY</p> <p>Jan. 3</p> <p>Cheesesteak Hoagie</p> | <p>FRIDAY</p> <p>Jan. 4</p> <p>Chicken Nuggets WG Dinner roll</p> |
|  <p>Vegetable Features*</p> <p>Daily— Mixed Greens & Dressing</p> | <p>Jan. 7</p> <p>Sloppy Joe Sandwich</p> | <p>Jan. 8</p> <p>Fish Sticks w/ Sliced Bread</p> | <p>Jan. 9</p> <p>Spaghetti & Meatballs w/ Dinner Roll</p> | <p>Jan. 10</p> <p>Chicken Rings w/ Sliced Bread</p> | <p>Jan. 11</p> <p>Corndog on a stick</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>Fruit Features**</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>Jan. 14</p> <p>Grilled Cheese and Tomato Soup</p> | <p>Jan. 15</p> <p>Cheese Pizza</p> | <p>Jan. 16</p> <p>Chicken Pot Pie w/ Dinner Roll</p> | <p>Jan. 17</p> <p>Breaded Chicken Sliders</p> | <p>Jan. 18</p> <p>Cheeseburger</p> |
|  | <p>Jan. 21</p>  | <p>Jan. 22</p> <p>French Toast Sticks and Sausage</p> | <p>Jan. 23</p> <p>Turkey BLT Sandwich</p> | <p>Jan. 24</p> <p>Walking Tacos</p> | <p>Jan. 25</p> <p>Cheese Pizza</p> |
| <p>Daily Milk Choices</p> <p>Fat Free Flavored</p> <p>Fat Free and Low Fat Unflavored</p> | <p>Jan. 28</p> <p>Meatball Hoagie</p> | <p>Jan. 29</p> <p>Spicy Chicken Patty on WG roll</p> | <p>Jan. 30</p> <p>Hot Dog</p> | <p>Jan. 31</p> <p>Hot Ham and Cheese on a Pretzel Bun</p> | |