

Harrisburg Catholic Schools

DECEMBER 2020 Grab 'n Go Breakfast



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	12/1 NO SCHOOL	12/2 Cinnamon Roll Fruit Cup 100% Fruit Juice	12/3 Mini Waffles Apple Slices 100% Fruit Juice	12/4 Assorted Cereal Mini Loaf Fruit Cup 100% Fruit Juice
12/7 Assorted Cereal Jungle Crackers Applesauce 100% Fruit Juice	12/8 Benefit Bar Apple Slices 100% Fruit Juice	12/9 Mini French Toast Fruit Cup 100% Fruit Juice	12/10 Banana Bread Apple Slices 100% Fruit Juice	12/11 Assorted Cereal Mini Loaf Fruit Cup 100% Fruit Juice
12/14 Assorted Cereal Jungle Crackers Applesauce 100% Fruit Juice	12/15 Mini Pancakes Apple Slices 100% Fruit Juice	12/16 Cinnamon Roll Fruit Cup 100% Fruit Juice	12/17 Mini Waffles Apple Slices 100% Fruit Juice	12/18 Assorted Cereal Mini Loaf Fruit Cup 100% Fruit Juice
12/21 Assorted Cereal Jungle Crackers Applesauce 100% Fruit Juice	12/22 Benefit Bar Apple Slices 100% Fruit Juice	12/23 NO SCHOOL	12/24 NO SCHOOL	12/25 NO SCHOOL
12/28 NO SCHOOL	12/29 NO SCHOOL	12/30 NO SCHOOL	12/31 NO SCHOOL	

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 White Milk
- Low Fat White Milk

Please contact Sharon Kidd, Senior Director of Food Services with and questions, comments or concerns:
skidd@cdschools.org

Harrisburg Catholic Schools

DECEMBER 2020 Lunch Menu



What Makes a Meal?	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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>12/1</p> <p>NO SCHOOL</p>	<p>12/2</p> <p>Chicken Ranch Wrap Broccoli Celery Sticks Applesauce</p>	<p>12/3</p> <p>Ham & Cheese Hoagie Cucumber Slices Baby Carrots Pineapples</p>	<p>12/4</p> <p>Italian Wrap Chickpea salad Veggie Juice Orange</p>
	<p>12/7</p> <p>Turkey & Cheese Sandwich Romaine Salad Celery Sticks Apple Slices</p>	<p>12/8</p> <p>Chicken Salad Sandwich Pepper Strips Broccoli Pears</p>	<p>12/9</p> <p>Veggie Wrap Peas Cauliflower 100% Fruit Juice</p>	<p>12/10</p> <p>Ham & Cheese Sandwich Bean Salad Veggie Juice Mandarin Oranges</p>	<p>12/11</p> <p>Italian Hoagie Carrots Cucumber Slices Applesauce</p>
<p>Vegetable Features</p> <p>A daily variety of vegetables will be offered to students to include the 5 vegetable subgroups:</p> <ul style="list-style-type: none"> * Dark Green * Red/Orange * Legumes * Starchy * Other 	<p>12/14</p> <p>Turkey Club Carrots Cucumber Slices Mixed Fruit</p>	<p>12/15</p> <p>Egg Salad Sandwich Cauliflower Romaine Salad 100% Fruit Juice</p>	<p>12/16</p> <p>Chicken Caesar Wrap Broccoli Celery Sticks Peaches</p>	<p>12/17</p> <p>Ham & Cheese Hoagie Roasted Chickpeas Veggie Juice Apple Slices</p>	<p>12/18</p> <p>Italian Wrap Peas Broccoli Salad Orange</p>
<p>Fruit Features</p> <p>A daily variety of fruits will be offered to students:</p> <ul style="list-style-type: none"> * Fresh Fruits * Canned Fruits in light syrup * 100% Fruit Juice (offered twice/week) 	<p>12/21</p> <p>Turkey & Cheese Hoagie Baked Beans Coleslaw Applesauce</p>	<p>12/22</p> <p>Tuna Salad Sandwich Pepper Strips Celery sticks Pineapples</p>	<p>12/23</p> <p>NO SCHOOL</p>	<p>12/24</p> <p>NO SCHOOL</p>	<p>12/25</p> <p>NO SCHOOL</p>
	<p>12/28</p> <p>NO SCHOOL</p>	<p>12/29</p> <p>NO SCHOOL</p>	<p>12/30</p> <p>NO SCHOOL</p>	<p>12/31</p> <p>NO SCHOOL</p>	
<p>Daily Milk Choices:</p> <ul style="list-style-type: none"> Fat Free Flavored Fat Free White Milk 1 % White Milk 					