

# Harrisburg Catholic Schools June 2019 Grab 'n Go Breakfast



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6/3 Breakfast Pastry Fresh Apple Slices & 100% Juice	6/4 Cereal Bowl Jungle Crackers Chilled Peaches & 100% Juice	6/5 Ultra Bread Slice Fresh Ripe Banana & 100% Juice	6/6 Mini Pancakes Pineapple Tidbits & 100% Juice	6/7 Cereal Bowl Jungle Crackers Applesauce Cup & 100% Juice
6/10	6/11	6/12	6/13	6/14
6/17	6/18	6/19	6/20	6/21
6/24	6/25	6/26	6/27	6/28

## 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**  
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# Harrisburg Catholic Schools June 2019 Lunch Menu

MENU SUBJECT TO CHANGE



What Makes a Meal?	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Choose 3, 4 or 5 food items from these 5 Components: <b>Meat or Meat Alternate</b> <b>Vegetable*</b> <b>Fruit**</b> <b>Grain/Bread</b> <b>Milk</b> *Lunch must include at least one fruit or vegetable	6/3  Chicken Nuggets w/Bread	6/4  Breakfast for Lunch French Toast & Sausage	6/5  Corn Dog Nuggets	6/6  Pizza	6/7  <b>Last Day NO LUNCH</b>
 <b>Vegetable Features*</b> Daily— Mixed Greens & Dressing	6/10	6/11	6/12	6/13	6/14
Monday—Dark Green Sub-group Tuesday—”Other” Sub-group Wednesday—Starchy Sub-group Thursday—Legumes Sub-group Friday—Red/Orange Sub-group	6/17	6/18	6/19	6/20	6/21
<b>Fruit Features**</b> 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	6/24	6/25	6/26	6/27	6/28



## Daily Milk Choices

Fat Free Flavored

Fat Free and Low Fat Unflavored