

# Harrisburg Catholic Schools

## March 2020 Grab 'n Go Breakfast



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3/2 Breakfast Pastry Fresh Apple Slices 100% Fruit Juice	3/3 Cereal Bowl Jungle Crackers Assorted Fruit Cup 100% Fruit Juice	3/4 Ultra Bread Slice Fresh Ripe Banana 100% Fruit Juice	3/5 Mini Waffles Assorted Fruit Cup 100% Fruit Juice	3/6 Cereal Bowl Jungle Crackers Applesauce Cup 100% Fruit Juice
3/9 Breakfast Pastry Fresh Apple Slices 100% Fruit Juice	3/10 Cereal Bowl Jungle Crackers Assorted Fruit Cup 100% Fruit Juice	3/11 Ultra Bread Slice Fresh Ripe Banana 100% Fruit Juice	3/12 Mini Pancakes Assorted Fruit Cup 100% Fruit Juice	3/13 Cereal Bowl Jungle Crackers Applesauce Cup 100% Fruit Juice
3/16 Breakfast Pastry Fresh Apple Slices 100% Fruit Juice	3/17 Cereal Bowl Jungle Crackers Assorted Fruit Cup 100% Fruit Juice	3/18 Ultra Bread Slice Fresh Ripe Banana 100% Fruit Juice	3/19 Mini Waffles Assorted Fruit Cup 100% Fruit Juice	3/20 NO SCHOOL
3/23 Breakfast Pastry Fresh Apple Slices 100% Fruit Juice	3/24 Cereal Bowl Jungle Crackers Assorted Fruit Cup 100% Fruit Juice	3/25 Ultra Bread Slice Fresh Ripe Banana 100% Fruit Juice	3/26 Mini Pancakes Assorted Fruit Cup 100% Fruit Juice	3/27 Cereal Bowl Jungle Crackers Applesauce Cup 100% Fruit Juice
3/30 Breakfast Pastry Fresh Apple Slices 100% Fruit Juice	3/31 Cereal Bowl Jungle Crackers Assorted Fruit Cup 100% Fruit 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 White Milk
- Low Fat White Milk

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

# Harrisburg Catholic Schools

## March 2020 Lunch Menu



<p>What Makes a Meal?</p> <p>Choose 3, 4 or 5 food items from these 5 components:</p> <p>Meat or Meat Alternate Vegetable Fruit Grain/Bread Milk</p> <p>Lunch must include at least one fruit or vegetable</p> 	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Vegetable Features</b></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"> <li>* <b>Dark Green</b></li> <li>* <b>Red/Orange</b></li> <li>* <b>Legumes</b></li> <li>* <b>Starchy</b></li> <li>* <b>Other</b></li> </ul>	<p>3/2</p> <p>Pancakes &amp; Sausage Tater Tots Mandarin Oranges</p>	<p>3/3</p> <p>Rib-b-que Sandwich Baby Carrots Apple Slices</p>	<p>3/4</p> <p>Breaded Chicken Sandwich Steamed Broccoli Banana</p>	<p>3/5</p> <p>Pretzel Dog BBQ Baked Beans Chilled Pineapples</p>	<p>3/6</p> <p>Fish Sticks Dinner Roll Steamed Green Beans Chilled Peaches</p>
<p><b>Fruit Features</b></p> <p>A daily variety of fruits will be offered to students:</p> <ul style="list-style-type: none"> <li>* Fresh Fruits</li> <li>* Canned Fruits in light syrup</li> <li>* 100% Fruit Juice (offered twice/week)</li> </ul>	<p>3/9</p> <p>Chicken Nuggets Steamed Carrots Applesauce Cup</p>	<p>3/10</p> <p>Cheeseburger Steamed Broccoli Chilled Mixed Fruit</p>	<p>3/11</p> <p>Meatball Hoagie Steamed Mixed Veggies Banana</p>	<p>3/12</p> <p>Corn Dog Nuggets Steamed Corn Mandarin Oranges</p>	<p>3/13</p> <p>Cheese Pizza Garbanzo Beans Chilled Pears</p>
<p><b>Daily Milk Choices:</b></p> <p>Fat Free Flavored Fat Free White Milk 1 % White Milk</p>	<p>3/16</p> <p>Pasta w/Meat Sauce Bread Slice Steamed Cauliflower Peach Cup</p>	<p>3/17</p> <p>French Toast Sticks Sausage Cheesy Potatoes Banana</p>	<p>3/18</p> <p>Breaded Chicken Sandwich Steamed Broccoli Chilled Pineapples</p>	<p>3/19</p> <p>Breaded Fish Sandwich Roasted Chickpeas Orange Slices</p>	<p>3/20</p> <p>NO SCHOOL</p>
	<p>3/23</p> <p>Macaroni &amp; Cheese Bread Slice Stewed Tomatoes Mandarin Oranges</p>	<p>3/24</p> <p>Steak 'n Cheese Hoagie Steamed Broccoli Apple Slices</p>	<p>3/25</p> <p>Chicken Pot Pie Dinner Roll Steamed Green Beans Banana</p>	<p>3/26</p> <p>Grilled Cheese Tomato Soup Northern Bean Salad Fruit Cup</p>	<p>3/27</p> <p>Pierogies Dinner Roll Fries Chilled Pears</p>
	<p>3/30</p> <p>BBQ Breaded Chicken Sandwich BBQ Baked Beans Applesauce Cup</p>	<p>3/31</p> <p>Corn Dog Nuggets Steamed Corn Chilled Mixed Fruit</p>			