

Harrisburg Catholic Schools May 2019 Grab 'n Go Breakfast



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		5/1 Ultra Bread Slice Fresh Ripe Banana & 100% Juice	5/2 Mini Waffles Pineapple Tidbits & 100% Juice	5/3 Cereal Bowl Jungle Crackers Applesauce Cup & 100% Juice
5/6 Breakfast Pastry Fresh Apple Slices & 100% Juice	5/7 Cereal Bowl Jungle Crackers Chilled Peaches & 100% Juice	5/8 Ultra Bread Slice Fresh Ripe Banana & 100% Juice	5/9 Mini Pancakes Pineapple Tidbits & 100% Juice	5/10 Cereal Bowl Jungle Crackers Applesauce Cup & 100% Juice
5/13 Breakfast Pastry Fresh Apple Slices & 100% Juice	5/14 Cereal Bowl Jungle Crackers Chilled Peaches & 100% Juice	5/15 Ultra Bread Slice Fresh Ripe Banana & 100% Juice	5/16 Mini Waffles Pineapple Tidbits & 100% Juice	5/17 Cereal Bowl Jungle Crackers Applesauce Cup & 100% Juice
5/20 Breakfast Pastry Fresh Apple Slices & 100% Juice	5/21 Cereal Bowl Jungle Crackers Chilled Peaches & 100% Juice	5/22 Ultra Bread Slice Fresh Ripe Banana & 100% Juice	5/23 Mini Pancakes Pineapple Tidbits & 100% Juice	5/24 Cereal Bowl Jungle Crackers Applesauce Cup & 100% Juice
5/27 NO SCHOOL	5/28 Cereal Bowl Jungle Crackers Chilled Peaches & 100% Juice	5/29 Ultra Bread Slice Fresh Ripe Banana & 100% Juice	5/30 Mini Waffles Pineapple Tidbits & 100% Juice	5/31 Cereal Bowl Jungle Crackers Applesauce Cup & 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

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Harrisburg Catholic Schools

May 2019 Lunch Menu



MENU SUBJECT TO CHANGE



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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			5/1 Corn Dog Nuggets	5/2 Popcorn Chicken & Cheese Hoagie	5/3 Taco Salad
  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	5/6 Cheeseburger	5/7 Breaded Chicken Sandwich	5/8 Breakfast Sandwich Ham, Egg & Cheese	5/9 Hot Dog	5/10 Run for Fun Day Turkey & Cheese Sandwich Baby Carrots Apple Slices
	5/13 Cheesesteak Hoagie	5/14 Turkey Club	5/15 Macaroni & Cheese w/Bread	5/16 Pizza	5/17 Pork BBQ Sandwich
	5/20 Grilled Cheese & Tomato Soup	5/21 Chicken Nuggets w/Bread	5/22 Breakfast for Lunch French Toast & Sausage	5/23 Walking Taco	5/24 Early Dismissal NO LUNCH
  Daily Milk Choices Fat Free Flavored Fat Free and Low Fat Unflavored	5/27 NO SCHOOL	5/28 Pizza	5/29 Hot Turkey Sandwich	5/30 Corn Dog Nuggets	5/31 Chicken Parmesan Sandwich