

Harrisburg Catholic Schools Breakfast November 2020



What Makes a Meal?

You must choose at least 3 of 5 components available for the school lunch price.

Choice of Meat or Meat Alternate
Choice of Vegetable, Choice of Fruit*
Choice of Grain/Bread,
and Choice of Milk

**Students must choose at least one fruit or vegetable*



Fresh Fruits and Vegetables Offered Daily

*Vegetables include:

Broccoli Florets
Baby Carrots
Dark Leafy Greens
Legume Salads
Celery & Cucumber

*May choose two 1/2 cup servings

*Fruits include:

Crisp Apple
Sliced Peaches
Mixed Fruit
Fresh Orange
Banana
Pineapple Tidbits
Diced Pears
Applesauce

*May choose 1/2 cup serving

MENUS SUBJECT TO CHANGE



Milk Choices Offered Daily

Fat Free Chocolate, Fat Free Strawberry,
Fat Free White and Low Fat White

Lunch Prices:
Paid \$x.xx
Reduced \$.xx

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11/2 NO SCHOOL	11/3 NO SCHOOL	11/4 Mini pancakes Asst. Juice Mandarin Oranges	11/5 Bagged Mini Waffles Asst. Juice Mixed Fruit	11/6 Cereal w/crackers Asst. Juice Fruit Cup
10/9 Asst. Cereal w/ crackers Asst. Juice Applesauce	11/10 Bagged Mini Waffles Asst. Juice Apple Slices	11/11 WG Donut Asst. Juice Sliced Peaches	11/12 Benefit Bar Asst. Juice Mixed Fruit	11/13 Cereal w/crackers Asst. Juice Fruit Cup
11/16 Asst. Cereal w/crackers Asst. Juice Applesauce	11/17 Mini Bagels Asst. Juice Apple slices	11/18 Mini Chocolate Chip French Toast Asst. Juice Mandarin Oranges	11/19 Cinnamon Roll Asst. Juice Mixed Fruit	11/20 Cereal w/crackers Asst. Juice Fruit Cup
11/23 Asst. Cereal w/crackers Asst. Juice Applesauce	11/24 Banana Bread Asst. Juice Apple Slices	11/25 NO SCHOOL	11/26 NO SCHOOL	11/27 NO SCHOOL
11/30 NO SCHOOL				

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11/2 NO SCHOOL	11/3 NO SCHOOL	11/4 Turkey Club Sandwich Pepper strips Celery Sticks Pineapple Tidbits	11/5 Egg Salad Sandwich Cucumber Slices Garbanzo Beans Mixed Fruit	11/6 Italian Wrap Baby Carrots Broccoli Salad Fruit cup
11/9 Turkey & Cheese Wrap Celery Sticks Baby Carrots Applesauce	11/10 Chicken Salad Sandwich Vegetable Juice Cauliflower Pineapple Tidbits	11/11 Ham & Cheese Wrap Broccoli Florets Green Pepper Strips Diced Pears	11/12 Turkey & Cheese Sandwich Side Salad Cucumber Slices Diced Peaches	11/13 Italian Hoagie Celery Sticks Pepper Strips Mixed Fruit
11/16 Turkey & Cheese Sandwich Cucumber Slices Garbanzo Beans Apple Slices	11/17 Veggie Wrap Peas Baby Carrots & Celery Sticks Diced Pears	11/18 Turkey Club Sandwich Pepper Strips Romaine Side Salad Mixed Fruit	11/19 Ham & Cheese Hoagie Cauliflower Florets Vegetable Juice Mandarin Oranges	11/20 Italian Wrap Baby Carrots Cucumber slices Fruit Cup
11/23 Turkey & Cheese Wrap Celery Sticks Fresh Green Peppers Mixed Fruit	11/24 Chicken Salad Sandwich Cucumber Slices Side Romaine Salad Fresh Orange	11/25 NO SCHOOL	11/26 NO SCHOOL	11/27 NO SCHOOL
11/30 NO SCHOOL				