

Harbor Springs High School
December 2011
Lunch Menu

Station	Monday	Tuesday	Wednesday	Thursday	Friday
				Dec. 1 <u>Italian Pasta Bowl</u> Baked Ziti Pasta with meatballs or Spaghetti with Chicken Alfredo, Garlic Bread, and broccoli, pears and milk	Dec. 2 No School Today
THE FRESH GRILLE Hamburgers, Cheeseburgers, Breaded Chicken Patty* Sandwiches Offered Daily				Chicken Tender Basket	
 Plain and Pepperoni Pizza Offered Daily				Cheesy Rip and Dips w/ red sauce	
 Deli Bar Offered Daily: Deli Turkey, Turkey Ham, Turkey Salami, American Cheese, Provolone Cheese, Swiss Cheese, Tuna Salad, Lettuce, Tomato & Onions, Vegetable Pasta or Macaroni Salad Offered Daily. Variety breads offered including one whole grain option*	BALANCED CHOICES MEAL:	BALANCED CHOICES MEAL:	BALANCED CHOICES MEAL:	BALANCED CHOICES MEAL: Turkey and Swiss w/ Dijon in a Wrap	BALANCED CHOICES MEAL:
 Deli Chef and Garden Salad w/ Cheese AND Italian Hero, Turkey & Cheese w/ Lettuce & Tomato, Ham & Cheese w/ Lettuce & Tomato Offered Daily	Fruit Parfaits Chef Salads Caesar Salads Box Lunches Specialty Deli Sandwiches Hot Soup Specialty Salad	Fruit Parfaits Chef Salads Caesar Salads Box Lunches Specialty Deli Sandwiches Hot Soup Specialty Salad	Fruit Parfaits Chef Salads Caesar Salads Box Lunches Specialty Deli Sandwiches Hot Soup Specialty Salad	Fruit Parfaits Chef Salads Caesar Salads Box Lunches Specialty Deli Sandwiches Hot Soup Specialty Salad	Fruit Parfaits Chef Salads Caesar Salads Box Lunches Specialty Deli Sandwiches Hot Soup Specialty Salad
Menutainment				Made to Order salads w/ cup of soup	

All Lunches Include: Choice of Entrée, Choice of Two Vegetable/Fruit Side Dishes, and Choice of Milk.

Vegetable/Fruit Side Dishes Available Daily Include: Featured Hot Vegetable(s), Tossed Side Salad w/ Light Dressing, Fresh Lettuce & Tomato Sandwich Toppings, and Fruit (Fresh, Chilled, or Juice)

Packaged Entrée Salads are Offered with Saltine Crackers or rolls

Low Fat Milk Choices Include: skim white milk, low fat (1%) white milk, and flavored low fat (1%) milk.

*WHOLE GRAIN menu item



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	5 <u>Ballpark Basket</u> Build your own Burger on whole wheat bun w/ French Fries fresh pineapple and choice of milk	6 <u>Mexican Fiesta</u> Beef or Cheese Nachos, brown rice, Mexican corn, cheddar cheese, salsa, apple and choice of milk	7 <u>Caribbean Sizzler</u> Jamaican Jerk Chicken w/ Coconut cornbread, Warm Peaches, Cinnamon Spiced Carrots and choice of milk	8 Macaroni and Cheese, whole wheat roll, fresh green beans, watermelon and choice of milk	9 <u>Asian Rice Bowl</u> Sweet and Sour Chicken w/ fried rice w/ peas, steamed broccoli w/ red peppers, red grapes and choice of milk and fortune cookie
 Hamburgers, Cheeseburgers, Breaded Chicken Patty* Sandwiches Offered Daily	Salsa Chicken Wrap	Ram Burger w/ special sauce	Grilled Turkey Club on Wheat	Chicken Tender Basket	Southern BBQ Meatball Sub
 Plain and Pepperoni Pizza Offered Daily	Meat Lovers Pizza	Ham and Cheese Stromboli	Turkey and Cheese Pockets	Cheesy Rip and Dips w/ red sauce	Chicken Bruschetta Pizza
 Deli Bar Offered Daily: Deli Turkey, Turkey Ham, Turkey Salami, American Cheese, Provolone Cheese, Swiss Cheese, Tuna Salad, Lettuce, Tomato & Onions, Vegetable Pasta or Macaroni Salad Offered Daily. Variety breads offered including one whole grain option*.	BALANCED CHOICES MEAL: Turkey and Colby on Wheat	BALANCED CHOICES MEAL: Ham and Cheese on Cheese bread	BALANCED CHOICES MEAL: Buffalo Chicken salad on WW Bagel	BALANCED CHOICES MEAL: Turkey and Swiss w/ Dijon in a Wrap	BALANCED CHOICES MEAL: Everything but the...
 Deli Chef and Garden Salad w/ Cheese AND Italian Hero, Turkey & Cheese w/ Lettuce & Tomato, Ham & Cheese w/ Lettuce & Tomato Offered Daily	Fruit Parfaits Chef Salads Caesar Salads Box Lunches Specialty Deli Sandwiches Hot Soup Specialty Salad	Fruit Parfaits Chef Salads Caesar Salads Box Lunches Specialty Deli Sandwiches Hot Soup Specialty Salad	Fruit Parfaits Chef Salads Caesar Salads Box Lunches Specialty Deli Sandwiches Hot Soup Specialty Salad	Fruit Parfaits Chef Salads Caesar Salads Box Lunches Specialty Deli Sandwiches Hot Soup Specialty Salad	Fruit Parfaits Chef Salads Caesar Salads Box Lunches Specialty Deli Sandwiches Hot Soup Specialty Salad
Menutainment	Ham, and Cheese Panini	Turkey Club Panini w/ deli Sauce	Grilled Chicken and Cheese Quesadillas w/ salsa	Made to Order salads w/ cup of soup	Made to order desserts

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	12 <u>Pasta Bowl</u> Spaghetti or Rotini Pasta with Italian Meat Sauce, Garlic Bread, fresh broccoli, pears and milk	13 Chicken Fajitas or Chicken and Cheese Quesadillas with rice, peaches, spiced corn and milk	14 <u>Breakfast for Lunch</u> Mini Pancakes or Waffles, Maple Sausage, green grapes and Choice of milk	15 <u>Mashed Potato Bowl</u> Chicken Nuggets, Mashed Potatoes, seasoned mixed vegetables, roll, Cherry Crisp and milk	16 <u>Italian Pasta Bowl</u> Beef Stroganoff over Egg Noodles or Chicken Parmesan, Garlic Bread, strawberries and broccoli and milk
 Hamburgers, Cheeseburgers, Breaded Chicken Patty* Sandwiches Offered Daily	Salsa Chicken Wrap	Ram Burger w/ special sauce	Grilled Turkey Club on Wheat	Chicken Tender Basket	Southern BBQ Meatball Sub
 Plain and Pepperoni Pizza Offered Daily	Meat Lovers Pizza	Ham and Cheese Stromboli	Turkey and Cheese Pockets	Cheesy Rip and Dips w/ red sauce	Chicken Bruschetta Pizza
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Station	Monday 19	Tuesday 20	Wednesday 21	Thursday 22	Friday 23
	<u><i>Mexican Fiesta</i></u> Beef or Cheese Nachos, brown rice, Mexican corn, cheddar cheese, salsa, apple and choice of milk	<u><i>Deli Day</i></u> Fresh Sandwich made the way you like them w/ banana	<u><i>Asian Rice Bowl</i></u> Beef Teriyaki with Broccoli and Peppers over brown rice, pineapple and choice of milk	<u><i>American Classic</i></u> Grilled Cheese and Tomato soup, grapes and choice of milk	No School Today Enjoy your holidays See you Jan 4, 2012
 Hamburgers, Cheeseburgers, Breaded Chicken Patty* Sandwiches Offered Daily	Salsa Chicken Wrap	Ram Burger w/ special sauce	Grilled Turkey Club on Wheat	Chicken Tender Basket	
 Plain and Pepperoni Pizza Offered Daily	Meat Lovers Pizza	Ham and Cheese Stromboli	Turkey and Cheese Pockets	Cheesy Rip and Dips w/ red sauce	
 Deli Bar Offered Daily: Deli Turkey, Turkey Ham, Turkey Salami, American Cheese, Provolone Cheese, Swiss Cheese, Tuna Salad, Lettuce, Tomato & Onions, Vegetable Pasta or Macaroni Salad Offered Daily. Variety breads offered including one whole grain option*.	BALANCED CHOICES MEAL: Turkey and Colby on Wheat	BALANCED CHOICES MEAL: Ham and Cheese on Cheese bread	BALANCED CHOICES MEAL: Buffalo Chicken salad on WW Bagel	BALANCED CHOICES MEAL: Turkey and Swiss w/ Dijon in a Wrap	BALANCED CHOICES MEAL:
 Deli Chef and Garden Salad w/ Cheese AND Italian Hero, Turkey & Cheese w/ Lettuce & Tomato, Ham & Cheese w/ Lettuce & Tomato Offered Daily	Fruit Parfaits Chef Salads Caesar Salads Box Lunches Specialty Deli Sandwiches Hot Soup Specialty Salad	Fruit Parfaits Chef Salads Caesar Salads Box Lunches Specialty Deli Sandwiches Hot Soup Specialty Salad	Fruit Parfaits Chef Salads Caesar Salads Box Lunches Specialty Deli Sandwiches Hot Soup Specialty Salad	Fruit Parfaits Chef Salads Caesar Salads Box Lunches Specialty Deli Sandwiches Hot Soup Specialty Salad	
Menutainment	Ham, and Cheese Panini	Turkey Club Panini w/ deli Sauce	Grilled Chicken and Cheese Quesadillas w/ salsa	Made to Order salads w/ cup of soup	

All Lunches Include: Choice of Entrée, Choice of Two Vegetable/Fruit Side Dishes, and Choice of Milk.

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**Harbor Springs High School
November 2011
Lunch Menu**

Station	Monday	Tuesday	Wednesday	Thursday	Friday
	28 <u>Mashed Potato Bowl</u> Chicken Nuggets, Mashed Potatoes, seasoned mixed vegetables, roll, Cherry Crisp and milk	29 <u>Breakfast for Lunch</u> Cinnamon French toast with scrambled eggs and cheese, Mini Oranges, herbed potatoes and Choice of milk	30 <u>American Classic</u> Grilled Cheese and Tomato soup, grapes and choice of milk	Dec. 1 <u>Italian Pasta Bowl</u> Baked Ziti Pasta with meatballs or Spaghetti with Chicken Alfredo, Garlic Bread, and broccoli, pears and milk	Dec. 2 No School Today
THE FRESH GRILLE Hamburgers, Cheeseburgers, Breaded Chicken Patty* Sandwiches Offered Daily	Warm Ham and Cheese Bagel	Chicken Caesar Wrap	Turkey BLT on Kaiser Roll	Warm Pastrami and cheese on Rosemary Cheese Bread	
 Plain and Pepperoni Pizza Offered Daily	Deep Dish Pizza	Double Pepperoni Pizza	Sausage Calzone	Italian Chicken Flatbread Sandwich	
 Deli Bar Offered Daily: Deli Turkey, Turkey Ham, Turkey Salami, American Cheese, Provolone Cheese, Swiss Cheese, Tuna Salad, Lettuce, Tomato & Onions, Vegetable Pasta or Macaroni Salad Offered Daily. Variety breads offered including one whole grain option*.	BALANCED CHOICES MEAL: Turkey and Cheese on Cheese Bread	BALANCED CHOICES MEAL: Santa Fe Chicken Salad Wrap	BALANCED CHOICES MEAL: Ham and Cheese Deluxe on Wheat	BALANCED CHOICES MEAL: Beef and Cheddar on French Bread	BALANCED CHOICES MEAL:
 Deli Chef and Garden Salad w/ Cheese AND Italian Hero, Turkey & Cheese w/ Lettuce & Tomato, Ham & Cheese w/ Lettuce & Tomato Offered Daily	Fruit Parfaits Chef Salads Caesar Salads Box Lunches Specialty Deli Sandwiches Hot Soup Specialty Salad	Fruit Parfaits Chef Salads Caesar Salads Box Lunches Specialty Deli Sandwiches Hot Soup Specialty Salad	Fruit Parfaits Chef Salads Caesar Salads Box Lunches Specialty Deli Sandwiches Hot Soup Specialty Salad	Fruit Parfaits Chef Salads Caesar Salads Box Lunches Specialty Deli Sandwiches Hot Soup Specialty Salad	
Menutainment	Ham, Turkey and Cheese Panini	Grilled Cheese Deluxe	Grilled Wraps to Order	Toasted deli Sandwiches	

All Lunches Include: Choice of Entrée, Choice of Two Vegetable/Fruit Side Dishes, and Choice of Milk.

Vegetable/Fruit Side Dishes Available Daily Include: Featured Hot Vegetable(s), Tossed Side Salad w/ Light Dressing, Fresh Lettuce & Tomato Sandwich Toppings, and Fruit (Fresh, Chilled, or Juice)

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Welcome to Trattoria

Available Daily:
Pepperoni & Plain Cheese Pizza

Daily Specialty Pizzas:

Monday: Meat lovers Pizza

Tuesday: Ham and Cheese Stromboli

Wednesday: Turkey and Cheese Pockets

Thursday: Cheesy Rip and Dips w/ red sauce

Friday: Chicken Bruschetta Pizza

Student Lunch Price - \$2.50

Reduced Student Price - \$.40

Adult Lunch Price - \$3.50

Free Students May Choose the Trattoria Special FREE!

Lunch includes:

Hot or Cold Vegetable

Fresh or Chilled Fruit & Milk

Welcome to Sandwich Central

Available Daily:

Bread Selections: Homemade Wheat and White, Wraps

Meat Selections: Turkey, Ham, Salami & Roast Beef

Cheese Selections: American, Pepper Jack, Swiss & Colby Jack Cheese

Toppings: Lettuce, Tomatoes, Onions, Banana or Bell Peppers, Pickles, Black Olives

Daily Specials:

Monday: Turkey and Colby on Wheat

Tuesday: Ham and Cheese on Cheese Bread

Wednesday: Buffalo Chicken Salad on WW Bagel

Thursday: Turkey and Swiss w/ Dijon in a Wrap

Friday: Everything but the....

Student Lunch Prices - \$3.25 Sandwich and Milk

- \$3.00 a sandwich

- \$3.50 Sandwich, Milk and Chips

Reduced Student Price - \$.40 a meal

Adult Lunch Price - \$3.25 a Sandwich

Free Students May Choose the Sandwich Central Special FREE!

Lunch includes:

Hot or Cold Vegetable

Fresh or Chilled Fruit & Milk

Welcome to the Fresh Grille

Available Daily:

Hamburgers, Cheeseburgers & Chicken Patty

Daily Specials

Monday: Salsa Chicken Wrap

Tuesday: Ram Burger w/ Special sauce

Wednesday: Grilled Turkey Club on Wheat

Thursday: Chicken Tender Basket

Friday: Southern BBQ Meatball Sub

Student Lunch Price - \$2.50

Reduced Student Price - \$.40

Adult Lunch Price - \$3.50

Free Students May Choose the Fresh Grille Special FREE!

Lunch includes:

Hot or Cold Vegetable

Fresh or Chilled Fruit & Milk

*Welcome To Menutainment
This Week's Specials:*

Monday

Grilled Ham and Cheese Panini

Tuesday

Turkey Club Panini w/ Deli Sauce

Wednesday

Grilled Chicken and Cheese Quesadillas w/ salsa

Thursday

Made to Order Salads with a cup of soup

Friday

Made to Order Desserts

Student *Menutainment* Lunch Price - \$3.00

Reduced Student Price - \$.40

Free Students May Choose the *Menutainment* Special FREE!

Lunch Includes: Entrée/Special Bar,

Hot or Cold Vegetable

Fresh or Chilled Fruit & Milk.