



## Harbor Springs High School – September 2010

Station/ Available Daily	Daily Specials				
	Monday	Tuesday	Wednesday	Thursday	Friday
<u><b>Origins</b></u>  \$2.25 full price or \$0.40 reduced includes: entrée, fruit, veggie & milk choice	<b>6</b>	<b>7</b>	<b>8 <u>Nacho Bowl</u></b> Spicy Taco Meat w/ Cilantro Lime Brown Rice, Whole Grain, Tortilla Shells, Mexican Corn, Cinnamon Breadsticks, Cheddar Cheese Salsa, Apples and Milk	<b>9 <u>Mashed Potato Bowl</u></b> Breaded Chicken Nuggets, Mashed Potatoes, Seasoned Mixed Veggies, Homemade Cornbread, Chicken Gravy, Oranges and Milk	<b>10 <u>Italian Pasta Bowl</u></b> Saucy Italian Meatballs, Classic Spaghetti or Curly Rotini Pasta, Red Marinara Sauce Dilled Green Beans, Garlic Toast, Peaches and Milk
<u><b>Trattoria</b></u>  Fresh Homemade Plain and Pepperoni Pizza  \$ 2.25 For full Meal	<i>Rip and Dips w/ marinara sauce</i>	<i>Pizza Bagel Basket</i>	<i>Aloha Pizza w/ Chicken and Ham</i>	<i>Italian Sausage Calzone Basket</i>	<i>Pizza Burger Baket</i>
<u><b>Sandwich Central</b></u> Made to Order: Sandwich: \$ 3.00 Sandwich Meal \$ 3.25 Meal with Chips \$3.50	<u>Balanced Choice:</u>  Triple Decker Turkey Club	<u>Balanced Choice:</u>  Honey Mustard Ham and Cheese Wrap	<u>Balanced Choice:</u>  Chicken Caesar Wrap	<u>Balanced Choice:</u>  Turkey Bagel w/ Herbed Cream cheese	<u>Balanced Choice:</u>  BBQ Chicken Salad on Cheese bread
<u><b>Fresh Grille</b></u> Hamburger Cheeseburger Chicken Patty Sandwich \$ 2.25 for full meal FF ala Carte \$1.00  Panini Grill \$3.00	Hot dog Twist Basket  <u>Menutainment</u> 3 Cheese Grilled Cheese	Turkey club Burger  <u>Menutainment</u> Toasted Stramboli Grinders	Ham and Cheese on Cheese Bread <u>Menutainment</u> Cobb Panini/ Chicken, cheddar, bacon	BLT Burger Basket  <u>Menutainment</u> Grilled Beef and Bean Burritos	Salsa Chicken on Kaiser Bun <u>Menutainment</u>  Grilled Turkey Reuben
<u><b>Accompaniments And Outtakes</b></u> Fresh and Chilled Fruit Packaged Salad Choice	Fruit Parfaits Chef Salad Caesar Salad Side Salads Box Lunches Deli Sandwiches	Fruit Parfaits Chef Salad Caesar Salad Side Salads Box Lunches Deli Sandwiches	Fruit Parfaits Chef Salad Caesar Salad Side Salads Box Lunches Deli Sandwiches	Fruit Parfaits Chef Salad Caesar Salad Side Salads Box Lunches Deli Sandwiches	Fruit Parfaits Chef Salad Caesar Salad Side Salads Box Lunches Deli Sandwiches
Accompaniment	Choice of Milk	Assorted Fresh Fruit	Canned Fruit	Selection of the Day	(self-serve)

The School Lunch Program is operated in accordance with U.S. Department of Agriculture Policy and does not permit discrimination because of race, color, sex, age, handicap or origin. Any person who believes that he or she has been discriminated against in any U.S.D.A. activity should write the Secretary of Agriculture, Washington, D.C. 20250. *Menu Subject to change at any time. Questions or comments regarding the lunch or breakfast program, please call John Ruemenapp, Director of Dining Services at 526-4736*

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<u><b>Origins</b></u>  <b>\$2.25 full price or \$0.40 reduced includes: entrée, fruit, veggie &amp; milk choice</b>	<b>10 <u>Brunch For Lunch</u></b> Scrambled Eggs w/ Savory Sausage and Cheddar Cheese, Herbed Roasted Potatoes, Orange wedges or Fruit Crisp, Pancakes, Warm Syrup and Milk	<b>14 <u>Stuffed Pasta Bowl</u></b> Whole Wheat Cheese Ravioli or Cheese Tortellini, Seasoned Corn and Carrots, Garlic Toast, Red Marinara Sauce or Creamy Garlic, Fruit and Milk	<b>15 <u>Backyard BBQ</u></b> Honey BBQ Chicken, Homemade Pasta Salad or Homemade Potato Salad, Corn on the Cob, Warm Bread Stick, Chilled Watermelon and Milk	<b>16 <u>Asian Rice Bowl</u></b> Sweet and Sour Chicken w/ Steamed Rice or Fried Rice w/ Peas, Broccoli, Sesame Seed breadsticks, Spicy curry Sauce, Chilled Pears and Milk	<b>17 <u>American Classic Bowl</u></b> Grilled Cheese on Whole Wheat w/ Creamy Tomato Soup, Banana Tossed Salad and Choice of Milk
<u><b>Trattoria</b></u>  Fresh Homemade Plain and Pepperoni Pizza  \$ 2.25 For full Meal	<b><i>Rip and Dips w/ marinara sauce</i></b>	<b><i>Pizza Bagel Basket</i></b>	<b><i>Aloha Pizza w/ Chicken and Ham</i></b>	<b><i>Italian Sausage Calzone Basket</i></b>	<b><i>Pizza Burger Baket</i></b>
<u><b>Sandwich Central</b></u> Made to Order: Sandwich: \$ 3.00 Sandwich Meal \$ 3.25 Meal with Chips \$3.50	<u><b>Balanced Choice:</b></u>  <b>Triple Decker Turkey Club</b>	<u><b>Balanced Choice:</b></u>  <b>Honey Mustard Ham and Cheese Wrap</b>	<u><b>Balanced Choice:</b></u>  <b>Chicken Caesar Wrap</b>	<u><b>Balanced Choice:</b></u>  <b>Turkey Bagel w/ Herbed Cream cheese</b>	<u><b>Balanced Choice:</b></u>  <b>BBQ Chicken Salad on Cheese bread</b>
<u><b>Fresh Grille</b></u> Hamburger Cheeseburger Chicken Patty Sandwich \$ 2.25 for full meal FF ala Carte \$1.00  <b>Panini Grill \$3.00</b>	<b>Hot dog Twist Basket</b>  <u><b>Menutainment</b></u> <b>3 Cheese Grilled Cheese</b>	<b>Turkey club Burger</b>  <u><b>Menutainment</b></u> <b>Toasted Stramboli Grinders</b>	<b>Ham and Cheese on Cheese Bread</b>  <u><b>Menutainment</b></u> <b>Cobb Panini/ Chicken, cheddar, bacon</b>	<b>BLT Burger Basket</b>  <u><b>Menutainment</b></u> <b>Grilled Beef and Bean Burritos</b>	<b>Salsa Chicken on Kaiser Bun</b>  <u><b>Menutainment</b></u> <b>Grilled Turkey Reuben</b>
<u><b>Accompaniments And Outtakes</b></u> Fresh and Chilled Fruit Packaged Salad Choice	Fruit Parfaits Chef Salad Caesar Salad Side Salads Box Lunches Deli Sandwiches	Fruit Parfaits Chef Salad Caesar Salad Side Salads Box Lunches Deli Sandwiches	Fruit Parfaits Chef Salad Caesar Salad Side Salads Box Lunches Deli Sandwiches	Fruit Parfaits Chef Salad Caesar Salad Side Salads Box Lunches Deli Sandwiches	Fruit Parfaits Chef Salad Caesar Salad Side Salads Box Lunches Deli Sandwiches
<b>Accompaniment</b>	Choice of Milk	Assorted Fresh Fruit	Canned Fruit Selection of the Day (self-serve)		

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<u><b>Origins</b></u>  <b>\$2.25 full price or \$0.40 reduced includes: entrée, fruit, veggie &amp; milk choice</b>	<b>20 <u>Cajun Bowl</u></b> Savory Ham and Chicken Crumbles, Cajun Brown Rice or White Rice, Creole Ratatouille, Warm Baked Apples, Fresh Biscuit, Tomato Sauce, Chilled Peaches and Milk	<b>21 <u>Wet Burrito Bowl</u></b> Flour Tortilla Shells, w/ Beef and Bean filling, Fiesta Rice, Golden Corn, Shredded lettuce and Tomatoes, Salsa, Mixed Fruit and Milk	<b>22 <u>Italian Pasta Bowl</u></b> Traditional Beef Red Sauce or Alfredo w/ Spinach Fettuccini or Curley Rotini w/ Roasted Vegetables of Zucchini and Peppers, Garlic Bread, Apple and Milk	<b>23 <u>Ranchers Potato Bowl</u></b> Savory Beef and Vegetables w/ Sweet Potatoes, Warm fruit crisp, Sweet Carrots, Dinner Roll, Brown Gravy and cheddar Cheese and Milk	<b>24 <u>Chicken Parm Bowl</u></b> Breaded Chicken Cutlet, seasoned Pasta w/ Mixed Veggies, Fresh Baked breadsticks, Red Marinara Sauce, Chilled Pears and Milk
<u><b>Trattoria</b></u>  Fresh Homemade Plain and Pepperoni Pizza  \$ 2.25 For full Meal	<b><i>Rip and Dips w/ marinara sauce</i></b>	<b><i>Pizza Bagel Basket</i></b>	<b><i>Aloha Pizza w/ Chicken and Ham</i></b>	<b><i>Italian Sausage Calzone Basket</i></b>	<b><i>Pizza Burger Baket</i></b>
<u><b>Sandwich Central</b></u> Made to Order: Sandwich: \$ 3.00 Sandwich Meal \$ 3.25 Meal with Chips \$3.50	<u><b>Balanced Choice:</b></u>  <b>Triple Decker Turkey Club</b>	<u><b>Balanced Choice:</b></u>  <b>Honey Mustard Ham and Cheese Wrap</b>	<u><b>Balanced Choice:</b></u>  <b>Chicken Caesar Wrap</b>	<u><b>Balanced Choice:</b></u>  <b>Turkey Bagel w/ Herbed Cream cheese</b>	<u><b>Balanced Choice:</b></u>  <b>BBQ Chicken Salad on Cheese bread</b>
<u><b>Fresh Grille</b></u> Hamburger Cheeseburger Chicken Patty Sandwich \$ 2.25 for full meal FF ala Carte \$1.00  <b>Panini Grill \$3.00</b>	<b>Hot dog Twist Basket</b>  <u><b>Menutainment</b></u> <b>3 Cheese Grilled Cheese</b>	<b>Turkey club Burger</b>  <u><b>Menutainment</b></u> <b>Toasted Stramboli Grinders</b>	<b>Ham and Cheese on Cheese Bread</b>  <u><b>Menutainment</b></u> <b>Cobb Panini/ Chicken, cheddar, bacon</b>	<b>BLT Burger Basket</b>  <u><b>Menutainment</b></u> <b>Grilled Beef and Bean Burritos</b>	<b>Salsa Chicken on Kaiser Bun</b>  <u><b>Menutainment</b></u> <b>Grilled Turkey Reuben</b>
<u><b>Accompaniments And Outtakes</b></u> Fresh and Chilled Fruit Packaged Salad Choice	Fruit Parfaits Chef Salad Caesar Salad Side Salads Box Lunches Deli Sandwiches	Fruit Parfaits Chef Salad Caesar Salad Side Salads Box Lunches Deli Sandwiches	Fruit Parfaits Chef Salad Caesar Salad Side Salads Box Lunches Deli Sandwiches	Fruit Parfaits Chef Salad Caesar Salad Side Salads Box Lunches Deli Sandwiches	Fruit Parfaits Chef Salad Caesar Salad Side Salads Box Lunches Deli Sandwiches
<b>Accompaniment</b>	Choice of Milk	Assorted Fresh Fruit	Canned Fruit Selection of the Day (self-serve)		

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<u><b>Trattoria</b></u>  Fresh Homemade Plain and Pepperoni Pizza  \$ 2.25 For full Meal	<i>Rip and Dips            w/ marinara            sauce</i>	<i>Pizza Bagel            Basket</i>	<i>Aloha Pizza w/            Chicken and            Ham</i>	<i>Italian Sausage            Calzone Basket</i>	<i>Pizza Burger            Baket</i>
<u><b>Sandwich</b></u> <u><b>Central</b></u> <i>Made to Order:</i> Sandwich: \$ 3.00 Sandwich Meal \$ 3.25 Meal with Chips \$3.50	<u>Balanced Choice:</u>  <b>Triple Decker            Turkey Club</b>	<u>Balanced Choice:</u>  <b>Honey Mustard            Ham and            Cheese Wrap</b>	<u>Balanced Choice:</u>  <b>Chicken Caesar            Wrap</b>	<u>Balanced Choice:</u>  <b>Turkey Bagel            w/ Herbed            Cream cheese</b>	<u>Balanced Choice:</u>  <b>BBQ Chicken            Salad on            Cheese bread</b>
<u><b>Fresh Grille</b></u> Hamburger Cheeseburger Chicken Patty Sandwich \$ 2.25 for full meal FF ala Carte \$1.00  <i>Panini Grill \$3.00</i>	<b>Hot dog Twist            Basket</b>  <u>Menutainment</u> <b>3 Cheese            Grilled Cheese</b>	<b>Turkey club            Burger</b>  <u>Menutainment</u> <b>Toasted            Stramboli            Grinders</b>	<b>Ham and            Cheese on            Cheese Bread</b>  <u>Menutainment</u> <b>Cobb Panini/            Chicken,            cheddar, bacon</b>	<b>BLT Burger            Basket</b>  <u>Menutainment</u> <b>Grilled Beef            and Bean            Burritos</b>	<b>Salsa Chicken            on Kaiser Bun</b>  <u>Menutainment</u> <b>Grilled Turkey            Reuben</b>
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