

Harbor Springs Public Schools
Harbor Springs Shay Elementary / Middle School Lunch Menu
March 2010
Lunch Price \$2.25

Monday	Tuesday	Wednesday	Thursday	Friday
1 Hot Dog on a bun or BBO Rib on a bun w/ Baked Beans, Fresh Apples and Choice of milk	2 Baked Ziti with Meatballs and Mozzarella cheese w/ Green Beans, Bread Stick, Melon and Choice of Milk	3 Sloppy Joes on a bun w/ Oranges, Tossed Salad and Choice of Milk	4 2 for 1 Beef Tacos in a Soft Shell w/ Cheese, lettuce, tomatoes, Refried Beans & Rice, Chilled Peaches and Choice of Milk	5 Toasted Cheese Sandwich w/ Tomato Soup Cup & Crackers Fresh Baby Carrots Banana Choice of Milk
8 Baked Breaded Chicken Nuggets* w/ Biscuit Mashed Potatoes w/ Gravy Orange Wedges Choice of Milk	9 Nachos* w/ Spicy Meat, Cheese, Lettuce & Salsa Rice & Beans Chilled Peaches Choice of Milk	10 <u>Brunch for Lunch</u> French Toast Sticks w/ Scrambled Eggs Crispy Tater Tots Chilled Mixed Fruit Choice of Milk	11 1 / 2 Day of School No Lunch	12 No School – Enjoy your Weekend
15 BBQ or Baked Chicken or w/ roll or with Melon, Seasoned Mixed Vegetables and Choice of Milk	16 <u>Coney Island Platter</u> Corn Dog or Chili Dog on a Bun w/ French Fries, Grapes and Choice of Milk	17 <u>Asian Noodle Bowl</u> Asian Noodles, Chicken or Pork, Mixed Vegetables, Pineapple, choice of milk and fortune cookie	18 Creamy macaroni and Cheese with Whole Wheat Roll, Green Beans, Fresh Fruit and choice of Milk	19 <u>Italian Pasta Bowl</u> Linguine Alfredo w/ Mixed Vegetables or Chicken, breadsticks, Roasted Veg., Pears and Choice of Milk
22 Italian Stomboli with Steamed Broccoli, Oranges, and Choice of Milk	23 Deli Day Sandwiches made just the way you want them	24 <u>India Rice Bowl</u> Curried Chicken or Pork over Rice w/ Dilled Cucumbers, Grapes and Choice of Milk	25 <u>Tex-Mex Sizzle Plate</u> Chicken or Beef Fajita, Cilantro Rice, Black Beans and Corn, Chips, Cinnamon Peaches and Choice of Milk	26 <u>Brunch for Lunch</u> French Toast Sticks w/ Scrambled Eggs Crispy Tater Tots Chilled Mixed Fruit Choice of Milk
29 Baked Breaded Chicken Nuggets* w/ Biscuit Mashed Potatoes w/ Gravy Orange Wedges Choice of Milk	30 Spaghetti with Beef Marinara Sauce, Garlic toast, Green Beans, Pears and Choice of Milk	31 Nachos* w/ Spicy Meat, Cheese, Lettuce & Salsa Rice & Beans Chilled Peaches Choice of Milk	April 1 Chicken Or Cheese Quesadillas with Refried Beans, Pineapple and Choice of Milk	April 2 No School - Start of Spring Break

Alternate Lunches

Daily: Triple Decker Peanut Butter & Jelly Sandwich* Offered w/ Fresh Baby Carrots, Fruit, and Milk

Trattoria Station

Homemade pizza baked fresh and served to your right from the oven. As well as Daily specials \$2.25

Fresh Grill

Hamburgers, Cheeseburgers, Chicken Patties and Daily Specials \$2.25

Sandwich Central

Freshly Made Daily Sandwiches Specials \$2.25
With Chips \$3.00

Outtakes

Ready to Go Salads and Sandwiches

Meal Prices

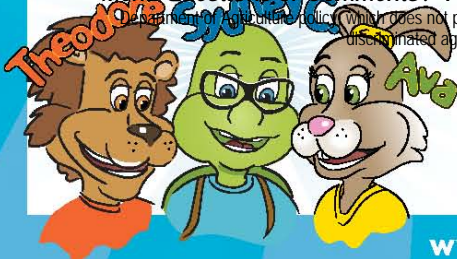
	Day	Wkly	Monthly
Lunch	2.25	11.25	47.25
B'fast	1.50	7.50	33.00
Red	.40	2.00	8.80
Milk	.30	1.50	6.60
Adult	3.25	16.25	71.50

*This menu item is made with whole grain.

Daily Milk Choices Include: Skim White, Low Fat White, Low Fat Chocolate

Menu Questions or Comments? Please contact John Ruemenapp, 231-526-4736 The School Lunch Program is operated in accordance with U.S.

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