

**Harbor Springs Public Schools
Shay Elementary / Middle School Foodservice Menus
January 2012 Lunch**

Price \$2.50 / Breakfast Price \$1.75

Breakfast is served Daily from 7:30 to 8:00 for only a \$1.50 full price, \$.40 for Reduced Price or Free. If your family Qualifies

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|---|--|
| 2 | 3 | 4 <u>Coney Island Day</u> Hot dog on a bun or Corndog w/ mixed fruit baby carrots, cucumbers and choice of milk | 5 <u>Pasta Bowl</u> Spaghetti or Rotini Pasta with Italian Meat Sauce, Garlic Bread, fresh broccoli, pears and milk | 6 <u>Breakfast for Lunch</u> Cinnamon French toast with scrambled eggs and cheese, Raisins, herbed potatoes and Choice of milk |
| 9 <u>Ballpark Basket</u> Build your own Burger on whole wheat bun w/ French Fries fresh pineapple and choice of milk | 10 <u>Mexican Fiesta</u> Beef or Cheese Nachos, brown rice, Mexican corn, cheddar cheese, salsa, apple and choice of milk | 11 <u>Mashed Potato Bowl</u> Chicken Nuggets, Mashed Potatoes, seasoned mixed vegetables, roll, and milk | 12 Macaroni and Cheese, whole wheat roll, fresh green beans, watermelon and choice of milk | 13 <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 |
| 16 <u>Tex -Mex Bowl</u> 2 for 1 Flour tortilla shells w/ Beef and Beans filling w/ Spanish rice Cumin spices corn, peaches and milk | 17 <u>Camp Out Plate</u> Baked Herbed Chicken with Cole Slaw, Corn on Cob, Watermelon, biscuit and choice of milk | 18 <u>Italian Pasta Bowl</u> Bow Tie Pasta or WG Rotini w/Red Sauce w/ Meatballs or Roasted Garlic Sauce, WG Garlic Toast Shredded Mozzarella, Steamed broccoli, Butternut Squash | 19 <u>Field and Stream Plate</u> Spicy Chicken Sandwich on a whole wheat Bun or Fish and Chips, fresh pineapple, milk and baby carrots | 20 Chicken Fajitas or Chicken and Cheese Quesadillas with rice, peaches, spiced corn and milk |
| 23 <u>Mexican Fiesta</u> Beef or Cheese Nachos, brown rice, Mexican corn, cheddar cheese, salsa, apple and choice of milk | 24 <u>Deli Day</u> Fresh Sandwich made the way you like them w/ banana | 25 <u>Asian Rice Bowl</u> Beef Teriyaki with Broccoli and Peppers over brown rice, pineapple and choice of milk | 26 <u>American Classic</u> Grilled Cheese and Tomato soup, grapes and choice of milk | 27 <u>American Diner Bowl</u> Roast Turkey w/ homemade gravy, stuffing, sweet potatoes, green beans WG roll and cranberry sauce |
| 30 <u>Mashed Potato Bowl</u> Chicken Nuggets, Mashed Potatoes, seasoned mixed vegetables, roll, and milk | 31 <u>Breakfast for Lunch</u> Mini Pancakes or Waffles, Maple Sausage, green grapes and Choice of milk | Feb 1 <u>Down on the Bayou</u> Ham and Chicken Jambalaya with mixed vegetables over brown rice, creole ratatouille, warm apples, biscuit and milk | Feb 2 <u>Wet Burrito Bowl</u> Beef and Bean w/ Tortilla Shell, Shredded Lettuce and Diced Tomatoes with seasoned corn, Spanish rice and salsa | Feb 3 <u>Coney Island Day</u> Hot dog on a bun or Corndog w/ mixed fruit baby carrots, cucumbers and choice of milk |

Alternate Lunches

Daily: Double 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 \$2.50

Fresh Grill
Hamburgers,
Cheeseburgers
Chicken Patties and
Daily Specials \$2.50

Sandwich Central
Freshly Made Daily
Sandwiches Specials
\$2.50

Outtakes
Ready to Go Specialty
Salads, Sandwiches,
Fruit Parfaits

Meal Prices

| | Day | Wkly | Monthly |
|--------|------|-------|---------|
| Lunch | 2.50 | 12.50 | 50.00 |
| B'fast | 1.75 | 8.75 | 35.00 |
| Red | .40 | 2.00 | 8.00 |
| Milk | .40 | 2.00 | 8.00 |
| Adult | 3.50 | 17.50 | 70.00 |



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. Department of Agriculture. USDA does not permit discrimination because of race, color, sex, age, handicap or national origin. Any person who believes that he or she has been discriminated against in any U.S.D.A. activity should write to the Secretary of Agriculture, Washington, D.C. 20250.



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