

**Harbor Springs Public Schools
Shay Elementary / Middle School Foodservice Menus
September 2010
Lunch Price \$2.25 / Breakfast Price \$1.50**

Monday	Tuesday	Wednesday	Thursday	Friday
Welcome Back - We hope you enjoyed your Summer		1 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	2	3
6 Please don't forget to fill out your Free and Reduced Meal Applications . Forms can be picked up in the principal's office and in the cafeteria.	7	8 <u>Nacho Bowl</u> Spicy Taco Meat w/ Cilantro Lime Brown Rice, Whole Grain, Tortilla Shells, Mexican Corn, Cinnamon Breadsticks, Cheddar Cheese Salsa, Apples and Milk	9 <u>Mashed Potato Bowl</u> Breaded Chicken Nuggets, Mashed Potatoes, Seasoned Mixed Veggies, Homemade Cornbread, Chicken Gravy, Oranges and Milk	10 <u>Italian Pasta Bowl</u> Saucy Italian Meatballs, Classic Spaghetti or Curly Rotini Pasta, Red Marinara Sauce Dilled Green Beans, Garlic Toast, Peaches and Milk
13 <u>Brunch For Lunch</u> Scrambled Eggs w/ Savory Sausage and Cheddar Cheese, Herbed Roasted Potatoes, Orange wedges or Fruit Crisp, Pancakes, Warm Syrup and Milk	14 <u>Stuffed Pasta Bowl</u> Whole Wheat Cheese Ravioli or Cheese Tortellini, Seasoned Corn and Carrots, Garlic Toast, Red Marinara Sauce or Creamy Garlic, Fruit and Milk	15 <u>Backyard BBQ</u> Honey BBQ Chicken, Homemade Pasta Salad or Homemade Potato Salad, Corn on the Cob, Warm Bread Stick, Chilled Watermelon and Milk	16 <u>Asian Rice Bowl</u> Sweet and Sour Chicken w/ Steamed Rice or Fried Rice w/ Peas, Broccoli, Sesame Seed breadsticks, Spicy curry Sauce, Chilled Pears and Milk	17 <u>American Classic Bowl</u> Grilled Cheese on Whole Wheat w/ Creamy Tomato Soup, Banana Tossed Salad and Choice of Milk
20 <u>Cajun Bowl</u> Savory Ham and Chicken Crumbles, Cajun Brown Rice or White Rice, Creole Ratatouille, Warm Baked Apples, Fresh Biscuit, Tomato Sauce, Chilled Peaches and Milk	21 <u>Wet Burrito Bowl</u> Flour Tortilla Shells, w/ Beef and Bean filling, Fiesta Rice, Golden Corn, Shredded lettuce and Tomatoes, Salsa, Mixed Fruit and Milk	22 <u>Italian Pasta Bowl</u> Traditional Beef Red Sauce or Alfredo w/ Spinach Fettuccini or Curley Rotini w/ Roasted Vegetables of Zucchini and Peppers, Garlic Bread, Apple and Milk	23 <u>Ranchers Potato Bowl</u> Savory Beef and Vegetables w/ Sweet Potatoes, Warm fruit crisp, Sweet Carrots, Dinner Roll, Brown Gravy and cheddar Cheese and Milk	24 <u>Chicken Parm Bowl</u> Breaded Chicken Cutlet, seasoned Pasta w/ Mixed Veggies, Fresh Baked breadsticks, Red Marinara Sauce, Chilled Pears and Milk
27 <u>Grandma Dinner Bowl</u> Meatloaf w/ Macaroni and Cheese or Mashed Potatoes, Fresh Seasoned Green Beans, Dinner Roll, Beef Gravy, Fruit Crisp and Milk	28 <u>Ballpark Basket</u> Hot dog on a bun or Corndog with Chili or Baked Beans, Chilled Mixed Fruit, Cucumbers and milk	29 <u>Mashed Potato Bowl</u> Breaded Chicken Nuggets, Mashed Potatoes, Seasoned Mixed Veggies, Homemade Cornbread, Chicken Gravy, Oranges and Milk	30 <u>Nacho Bowl</u> Spicy Taco Meat w/ Cilantro Lime Brown Rice, Whole Grain, Tortilla Shells, Mexican Corn, Cinnamon Breadsticks, Cheddar Cheese Salsa, Apples and Milk	Oct 1 st <u>Brunch For Lunch</u> Scrambled Eggs w/ Cheddar Cheese, Herbed Roasted Potatoes, Orange wedges or Fruit Crisp, French Toast, Warm Syrup and 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 \$2.25

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

	<u>Meal Prices</u>		
	Day	Wkly	Monthly
Lunch	2.25	11.25	38.25
B'fast	1.50	7.50	25.50
Red	.40	2.00	6.80
Milk	.30	1.50	5.10
Adult	3.25	16.25	55.25

*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. Department of Agriculture policy, which 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.

Go to MyPyramid.gov for online personal wellness resources for you and your family

