

****Harrisburg School District****

SEPTEMBER 2022

All meals are served with fruit, vegetables, and sides from the salad bar, Milk is included.

Monday

Tuesday

Wednesday

Thursday

Friday

No School

5

Labor Day

Baked Pumpkin Rounds, Raisins, Graham Cracker

12

Pizza, Black Bean Salad, Salad Bar

French Toast w/Syrup, Tropical Mixed Fruit

19

Chicken/Bacon/Ranch Hot Dish, Salad Bar

Cereal, Boiled Egg, Apple Wedges

26

Sub Sandwich, Chips, Cookie

Pancakes w/Syrup, Mixed Fruit

6

Chicken Sandwich, Tots, Salad Bar

Breakfast Sandwich, Juice

13

Chicken Alfredo, Roll, Salad Bar, Frosted Applesauce Cake

Cereal, Craisins, String Cheese

20

Fish Sticks, Fries, Brownie

Chocolate Chip Muffin, Applesauce

27

Spaghetti, Roll, Salad Bar

Cereal, Apple Crisps, String Cheese

7

Toasted Cheese Sandwich, Tomato Soup, Salad Bar

Apple Cinnamon Muffin, String Cheese, Pears

14

Chicken Tortilla Soup, Bread Stick, Salad Bar

Breakfast Burrito, Mandarins

21

Mashed Potatoes w/Hamburger Gravy, Green Beans, Salad Bar

Spinach Frittata, Link Sausage, Mixed Fruit

28

Italian Ham Wrap, Orange Wedges, Salad Bar

Fruit Strudel, Graham Cracker, Juice

1

Sloppy Joe, Salad Bar

Sausage, Egg & Cheese Scramble, Toast, Juice

8

Fish Po'Boy Sandwich, Fries

Yogurt, Pretzel Bites, Blueberries

15

Nachos, Salad Bar

Oatmeal Fruit Bars, Applesauce

22

Chicken & Noodles, Roll, Salad Bar

Cinnamon Rolls, String Cheese, Peaches

29

Chicken Nuggets, Tots, Salad Bar

2

Blueberry Muffin, String Cheese, Peaches

9

Beef Lasagna, Roll, Salad Bar

16

23

30

MENU SUBJECT TO CHANGE DUE TO PRODUCT AVAILABILITY

“This institution is an equal opportunity provider.”