
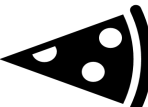








Spring



Shay / Middle School : March Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Comfort foods, international flavors, trendy versions of familiar fare.					
     	March 1 Boneless Chx Wings French Fries Biscuit Fruit	2 Savory Beef Stew Dinner Rolls Fruit	3 Grilled Cheese & Tomato Soup Seasonal Vegetables Fruit	4 Cheeseburger Baked Beans Goldfish Crackers Fruit	5 French Bread Pizza Rainbow Veg Medley w/Broccoli, Yellow Squash, and Carrots Fruit
	8 Breaded Chx Sandwich French Fries Peas & Carrots Fruit	9 Corn Dogs Asst of Condiments Baked Beans Fruit	10 Chicken Alfredo Tender Pasta Diced Chicken Steamed Broccoli Garlic Bread Stick	11 Beef Nachos Tortilla Chips Cheese Salsa & Sour Cream Assorted Toppings	12 Pretzel Sticks w/ Cheese Dipping Sauce Carrot Sticks Fruit
	15 Chicken Strips Asst of Condiments Rice Pilaf Fruit	16 Breakfast for Lunch Dutch Waffles Sausage Links Hash Brown Fruit	17 Cheese & Pepperoni Calzone Steamed Corn Fruit	18 Beef & Cheese Burrito Refried Beans Fruit	19 Hamburger Whole Grain Bun Baked Beans Chips Fruit
	22 Beef Nachos Tortilla Chips Cheese Salsa & Sour Cream Assorted Toppings	23 All Beef Hot Dogs Variety of Condiments French Fries Fruit	24 Spaghetti w/ Meat Sauce Dinner Rolls Seasoned Vegetables	25 Personal Cheese Pizza Rainbow Veg medley w/Broccoli, Yellow Squash, and Carrots Fruit	26 Happy Spring Break!
	April 5 End of Spring Break	6 Pretzel Sticks w/ Cheese Dipping Sauce Carrot Sticks Fruit	7 Macaroni & Cheese Steamed Broccoli Dinner Roll Fruit	8 Popcorn Chicken Asst of Condiments Potato Wedges Fruit	9 French Bread Pizza Green Beans Fruit
	Seize your lunch with a Grab & Go Meal Combo				
	Fruit & Yogurt Parfait w/ Granola	Sub Sandwich Carrots Fruit	PB & J Sandwich String Cheese Goldfish Crackers Fruit	Hummus w/ Pretzels Carrots Fruit	Cereal Meal Yogurt & Fruit Graham Crackers

A full student lunch includes a choice of entrée supplying protein and grain, vegetable and fruit side dishes, and choice of milk.

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

Questions or comments? Please call Steve McDiarmid at (231) 526-4736 or email smcdiarmid@harborps.org

USDA is an Equal Opportunity Employer and Provider

Access our digital menus: www.harborps.org

For more information - visit our website: www.harborps.org and click the Food Service link.
