

SEPTEMBER | 2021



Shay / Middle School

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

30	31	1	2	3
6 LABOR DAY	7 Beef Hot Dog on Bun Baked Beans <u>Grab & Go</u> Ham & Cheese Sandwich Baby Carrots	8 Breaded Chicken Nuggets Green Beans Biscuit <u>Grab & Go</u> PBJ Sandwich Baby Carrots	9 French Toast Sticks Pork Sausage Links Hashbrown Patty <u>Grab & Go</u> Hummus w/ Pretzels, String Cheese, Baby Carrots	10 French Bread Cheese Pizza Baby Carrots <u>Grab & Go</u> Cereal, Goldfish Grahams Yogurt, Dragon Juice
13 Macaroni & Cheese Steamed Broccoli Dinner Roll <u>Grab & Go</u> Fruit/Yogurt Parfait w/ Granola Dragon Punch	14 Grilled Cheese Sandwich Tomato Soup Baby Carrots <u>Grab & Go</u> Turkey & Cheese Sandwich Baby Carrots	15 Breaded Chix Sandwich Baked Beans <u>Grab & Go</u> PBJ Sandwich Baby Carrots	16 Dutch Waffle Pork Sausage Links Hashbrown Patty <u>Grab & Go</u> Hummus w/ Pretzels, String Cheese, Baby Carrots	17 Pepperoni Calzone Mixed Vegetables <u>Grab & Go</u> Cereal, Goldfish Grahams Yogurt, Dragon Juice
20 Hamburger on Bun Oven Baked Fries <u>Grab & Go</u> Fruit/Yogurt Parfait w/ Granola Dragon Punch	21 Beef & Cheese Nachos Refried Beans <u>Grab & Go</u> Ham & Cheese Sandwich Baby Carrots	22 Popcorn Chicken Mashed Potatoes/gravy Corn <u>Grab & Go</u> PBJ Sandwich Baby Carrots	23 Soft Pretzel w/ Cheese Sauce String Cheese Baby Carrots <u>Grab & Go</u> Hummus w/ Pretzels, String Cheese, Baby Carrots	24 Cheese Pizza Steamed Broccoli <u>Grab & Go</u> Cereal, Goldfish Grahams Yogurt, Dragon Juice
27 Beef Rotini Pasta Breadstick Romaine Salad <u>Grab & Go</u> Fruit/Yogurt Parfait w/ Granola Dragon Punch	28 Chicken Quesadilla Refried Beans <u>Grab & Go</u> Turkey & Cheese Sandwich Baby Carrots	29 Breaded Chicken Tenders Green Beans Cornbread <u>Grab & Go</u> PBJ Sandwich Baby Carrots	30 Mini Pancakes Yogurt Cup Hashbrown Coins <u>Grab & Go</u> Hummus w/ Pretzels, String Cheese, Baby Carrots	1 Cheese Filled Bosco Sticks Marinara Sauce Mixed Vegetables <u>Grab & Go</u> Cereal, Goldfish Grahams Yogurt, Dragon Juice

BREAKFAST

NO COST this school year
Served in the cafeteria
each morning!

7:40 – 8:00am

Students may select from
assorted grains, fruits,
juice and milk

LUNCH

NO COST this school year

Students can choose
between a Hot meal or
Grab & Go

Selection will be made
during attendance in the
classroom.

Assorted fruits and milk
are included w/ meal

ALA CARTE

Milk .50

8 oz. Water .50

*Students must pay cash or
have money in their
account to purchase*

Funds can be deposited
into accounts in the
cafeteria, school office or
online. Visit our website for
more information:
harborps.org, click on the
Food Service link

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