

# SEPTEMBER | 2022



## High School

Lunch Price - \$3.40/ \$0.40 Reduced

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>29</b> AVAILABLE EVERYDAY Cheese and Pepperoni Pizza Yogurt Parfait w/ Berries &amp; Granola PBJ Sandwich</p>	<p><b>30</b></p>	<p><b>31</b></p>	<p><b>1</b> <b>BREAKFAST</b> <b>\$2.00/ \$0.30 Reduced</b> Served in the cafeteria each morning <b>7:40-8:00am</b> Select from an assortment of grains, fruits, juice and milk.</p>	
<p><b>5</b>  LABOR DAY</p>	<p><b>6</b> Beef &amp; Cheese Nachos Salsa &amp; Sour Cream Refried Beans  Grilled Chicken Wrap Crispy or Spicy</p>	<p><b>7</b> Popcorn Chicken Bowl Mashed Potatoes/ Gravy Corn Dinner Roll  Ham &amp; Cheese Panini</p>	<p><b>8</b> Macaroni &amp; Cheese Bar Crispy &amp; Spicy Chicken Bacon &amp; Broccoli  Grilled Chicken Wrap Crispy or Spicy</p>	<p><b>9</b>  Chef Choice</p>
<p><b>12</b> Chicken Alfredo Pasta Steamed Broccoli Garlic Toast  Soft Pretzel w/ Cheese Sauce</p>	<p><b>13</b> Fiesta Burrito Bowl Chicken or Beef Queso Cheese Sauce Cilantro Lime Rice / Black Beans  Grilled Chicken Wrap Crispy or Spicy</p>	<p><b>14</b> Popcorn Chicken Bowl Mashed Potatoes/ Gravy Corn Dinner Roll  Ham &amp; Cheese Panini</p>	<p><b>15</b> Pulled Pork Sliders Baked Beans Coleslaw  Grilled Chicken Wrap Crispy or Spicy</p>	<p><b>16</b> Hamburger/ Cheeseburger Oven Fries  Chef Choice</p>
<p><b>19</b> Sweet Thai Chili Chicken Fried Rice Stir Fried Veggies Egg Roll  Soft Pretzel w/ Cheese Sauce</p>	<p><b>20</b> Beef Tacos Salsa, Sour Cream, Cheese Fiesta Black Beans  Grilled Chicken Wrap Crispy or Spicy</p>	<p><b>21</b> Popcorn Chicken Bowl Mashed Potatoes/ Gravy Corn Dinner Roll  Ham &amp; Cheese Panini</p>	<p><b>22</b> Spaghetti &amp; Meatballs Seasoned Veggies Garlic Knot  Grilled Chicken Wrap Crispy or Spicy</p>	<p><b>23</b> Philly Cheese Steak Roasted Peppers and Onions Cheddar Cheese Sauce  Chef Choice</p>
<p><b>26</b> Chicken Alfredo Pasta Steamed Broccoli Garlic Toast  Soft Pretzel w/ Cheese Sauce</p>	<p><b>27</b> Beef &amp; Cheese Nachos Salsa &amp; Sour Cream Refried Beans  Grilled Chicken Wrap Crispy or Spicy</p>	<p><b>28</b> Popcorn Chicken Bowl Mashed Potatoes/ Gravy Corn Dinner Roll  Ham &amp; Cheese Panini</p>	<p><b>29</b> Breakfast for Lunch French toast Sausage &amp; Eggs Hash Browns  Grilled Chicken Wrap Crispy or Spicy</p>	<p><b>30</b> Chicken Drumstick Baked Beans Mac &amp; Cheese Side Buttermilk Biscuit  Chef Choice</p>

### LUNCH

Includes 1 entrée,  
providing protein and  
grains, assorted fruits,  
vegetables and choice of  
milk

Ala carte Milk - \$0.50

Students who do not  
qualify for Free/Reduce  
meals must have money in  
their meal account or pay  
with cash.

Apply for meal benefits or  
deposit funds online.

<https://harborsprings.familyportal.cloud>

**Earn money while your  
children are in school!**

**We are hiring Cafeteria  
Substitute staff**

For more information, visit  
our web page at:

[www.harborps.org/distriict/food-service/](http://www.harborps.org/distriict/food-service/)

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