

# MAY | 2023

## Harbor Springs High School



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p><b>1</b> <b>Chicken Alfredo Pasta</b> Steamed Broccoli Garlic Toast</p> <p><b>Bosco Breadsticks</b></p>	<p><b>2</b> <b>Fiesta Burrito Bowl</b> Chicken, Beef &amp; Queso Sauce Cilantro Lime Rice Black Beans</p> <p><b>Grilled Chicken Wrap</b></p>	<p><b>3</b> <b>Popcorn Chicken Bowl</b> Mashed Potato/Gravy Corn Dinner Roll</p> <p><b>Ham &amp; Cheese Panini</b></p>	<p><b>4</b> <b>Macaroni &amp; Cheese Bar</b> Crispy or Spicy Chicken Bacon &amp; Broccoli</p> <p><b>Grilled Chicken Wrap</b></p>	<p><b>5</b> <i>SCHOOL LUNCH HERO DAY</i> <b>American Burger</b> Baked Beans Oven Fries</p> <p><b>Chef Choice</b></p>
<p><b>8</b> <b>Sweet &amp; Sour Chicken</b> Fried Rice Stir Fried Veggies Egg Roll</p> <p><b>Bosco Breadsticks</b></p>	<p><b>9</b> <b>Beef Soft Tacos</b> Salsa, Sour Cream, Cheese Mexican Rice</p> <p><b>Grilled Chicken Wrap</b></p>	<p><b>10</b> <b>Popcorn Chicken Bowl</b> Mashed Potato/Gravy Corn Dinner Roll</p> <p><b>Ham &amp; Cheese Panini</b></p>	<p><b>11</b> <b>Baked Potato Bar</b> Assorted Meats &amp; Cheeses Sour Cream Garlic Toast</p> <p><b>Grilled Chicken Wrap</b></p>	<p><b>12</b> <b>Chicken Drumsticks</b> Baked Beans Au Gratin Potatoes Buttermilk Biscuit</p> <p><b>Chef Choice</b></p>
<p><b>15</b> <b>Chicken Alfredo Pasta</b> Steamed Broccoli Garlic Toast</p> <p><b>Bosco Breadsticks</b></p>	<p><b>16</b> <b>Beef &amp; Cheese Nachos</b> Salsa, Sour Cream Refried Beans</p> <p><b>Grilled Chicken Wrap</b></p>	<p><b>17</b> <b>Popcorn Chicken Bowl</b> Mashed Potato/Gravy Corn Dinner Roll</p> <p><b>Ham &amp; Cheese Panini</b></p>	<p><b>18</b> <b>Spaghetti &amp; Meatballs</b> Seasoned Veggies Garlic Twist</p> <p><b>Grilled Chicken Wrap</b></p>	<p><b>19</b> <b>Classic Hot Dogs</b> Oven Fries</p> <p><b>Chef Choice</b></p>
<p><b>22</b> <b>Sweet Thai Chili Chicken</b> Fried Rice Stir Fried Veggies Egg Roll</p> <p><b>Bosco Breadsticks</b></p>	<p><b>23</b> <b>Fiesta Burrito Bowl</b> Chicken, Beef &amp; Queso Sauce Cilantro Lime Rice Black Beans</p> <p><b>Grilled Chicken Wrap</b></p>	<p><b>24</b> <b>Popcorn Chicken Bowl</b> Mashed Potato/Gravy Corn Dinner Roll</p> <p><b>Ham &amp; Cheese Panini</b></p>	<p><b>25</b> <b>Chef Choice – TBD</b></p> <p><b>Grilled Chicken Wrap</b></p>	<p><b>26</b></p> <p><b>NO SCHOOL</b></p>
<p><b>29</b></p> <p><b>MEMORIAL DAY</b></p>	<p><b>30</b> <b>Beef Soft Tacos</b> Salsa, Sour Cream, Cheese Fiesta Black Beans</p> <p><b>Grilled Chicken Wrap</b></p>	<p><b>31</b> <b>Popcorn Chicken Bowl</b> Mashed Potato/Gravy Corn Dinner Roll</p> <p><b>Ham &amp; Cheese Panini</b></p>	<p><b>1</b></p>	<p><b>2</b></p>

**\*Friday, May 5<sup>th</sup> is School Lunch Hero Day!**

**To celebrate, please recognize Mrs. Ramsay and Mrs. Hasse for providing 150 healthy meals each day!**

### Lunch

**\$3.40 / .40 Reduce**  
**Includes Protein, Grain, Fruit, Vegetable and Milk**  
**Students choose their own meal including 3, 4 or all 5 items. One item must be a Fruit or Vegetable.**

### BREAKFAST

**Served in the cafeteria each morning 7:40-8:00am**  
**Select from an assortment of grains, fruits, juice and milk.**  
**\$2.00/ \$0.30 Reduced**

**For more information, visit our web page at:**  
[www.harborps.org/dist/rict/food-service/](http://www.harborps.org/dist/rict/food-service/)