

# NOVEMBER | 2023



## Harbor Springs High School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>30</b> <b>Sweet Thai Chili Chicken</b> Fried Rice Stir Fried Veggies Vegetable Egg Roll  <b>Cooks Choice</b>	<b>31</b> <b>Beef &amp; Cheese Nachos</b> Refried Beans Salsa, Sour Cream  <b>Grilled Chicken Wrap</b>	<b>1</b>  <b>NO SCHOOL</b>	<b>2</b> <b>Macaroni &amp; Cheese Bar</b> Crispy or Spicy Chicken Broccoli & Bacon Garlic Breadstick  <b>Grilled Chicken Wrap</b>	<b>3</b> <b>Hamburger/Cheeseburger</b> Baked Beans Oven Fries  <b>Cooks Choice</b>
<b>6</b> <b>Chicken Alfredo Pasta</b> Steamed Broccoli Garlic Toast  <b>Cooks Choice</b>	<b>7</b> <b>Fiesta Burrito Bowl</b> Chicken, Beef & Queso Cilantro Lime Rice Black Beans  <b>Grilled Chicken Wrap</b>	<b>8</b> <b>Popcorn Chicken Bowl</b> Mashed Potato/Gravy Corn Dinner Roll  <b>Cooks Choice</b>	<b>9</b> <b>Breakfast for Lunch</b> French Toast Sticks Sausage & Eggs Hash Brown  <b>Grilled Chicken Wrap</b>	<b>10</b> <b>Chicken Drumsticks</b> Oven Fries Biscuit  <b>Cooks Choice</b>
<b>13</b> <b>Sweet &amp; Sour Chicken</b> Fried Rice Stir Fried Veggies Vegetable Egg Roll  <b>Cooks Choice</b>	<b>14</b> <b>Beef Soft Tacos</b> Corn & Black Bean Fiesta Cheese, Salsa, Sour Cream  <b>Grilled Chicken Wrap</b>	<b>15</b> <b>Roasted Turkey</b> Mashed Potatoes/gravy Green Bean Casserole Stuffing Pumpkin Pie  <b>Grilled Chicken Wrap</b>	<b>16</b> <b>Spaghetti &amp; Meatballs</b> Seasoned Vegetables Garlic Toast  <b>Grilled Chicken Wrap</b>	<b>17</b> <b>Classic Hot Dogs</b> Oven Fries  <b>Cooks Choice</b>
<b>20</b> <b>Chicken Alfredo Pasta</b> Steamed Broccoli Garlic Toast  <b>Cooks Choice</b>	<b>21</b> <b>Fiesta Burrito Bowl</b> Chicken, Beef & Queso Cilantro Lime Rice Black Beans  <b>Grilled Chicken Wrap</b>	<b>22</b>  <b>NO SCHOOL</b>	<b>23</b>  <b>HAPPY THANKSGIVING</b>	<b>24</b>  <b>NO SCHOOL</b>
<b>27</b> <b>General Tso Chicken</b> Fried Rice Stir Fried Veggies Vegetable Egg Roll  <b>Cooks Choice</b>	<b>28</b> <b>Beef &amp; Cheese Nachos</b> Refried Beans Salsa, Sour Cream  <b>Grilled Chicken Wrap</b>	<b>29</b> <b>Popcorn Chicken Bowl</b> Mashed Potato/Gravy Corn Dinner Roll  <b>Cooks Choice</b>	<b>30</b> <b>Macaroni &amp; Cheese Bar</b> Crispy or Spicy Chicken Broccoli & Bacon Garlic Breadstick  <b>Grilled Chicken Wrap</b>	<b>1</b> <b>Available Everyday</b> – Pizza, PBJ, Wraps and Yogurt Parfait

### FREE MEALS

All students can receive 1 Breakfast and 1 Lunch at no cost each day.  
 \*Meals MUST include 1 serving of a fruit or vegetable.

Additional entrees, sides, snacks and beverages are available to purchase.  
**Students MUST have money in their meal account or pay cash.**  
 We do not allow charging for a la carte purchases.  
 No exceptions

**Funds can be deposited online at:**  
<https://harborsprings.familyportal.cloud/>

### BREAKFAST

Served in the cafeteria each morning  
 7:40-8:00am  
 Select from an assortment of grains, fruits, juice and milk.

**For More Information, visit our web page:**  
<http://harborps.org/district/food-service/>