

# OCTOBER | 2024



## Harbor Springs High School

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p><b>30</b>  <b>General Tso Chicken</b>                      Fried Rice                      Stir Fried Veggies                      Vegetable Egg Roll</p>	<p><b>1</b>  <b>Fiesta Burrito Bowl</b>                      Chicken, Beef &amp; Queso                      Cilantro Lime Rice                      Black Beans</p>	<p><b>2</b>  <b>Popcorn Chicken Bowl</b>                      Mashed Potato/Gravy                      Corn                      Dinner Roll</p>	<p><b>3</b>  <b>Macaroni &amp; Cheese Bar</b>                      Crispy or Spicy Chicken                      Broccoli &amp; Bacon                      Garlic Breadstick</p>	<p><b>4</b>  <b>Classic Hot Dogs</b>                      Baked Beans                      French Fries</p>
<p><b>7</b>  <b>Chicken Alfredo Pasta</b>                      Steamed Broccoli                      Garlic Toast</p>	<p><b>8</b>  <b>Beef &amp; Cheese Nachos</b>                      Refried Beans                      Salsa, Sour Cream</p>	<p><b>9</b>  <b>Popcorn Chicken Bowl</b>                      Mashed Potato/Gravy                      Corn                      Dinner Roll</p>	<p><b>10</b>  <b>Chicken Drumsticks</b>                      Potato Wedges                      Biscuit</p>	<p><b>11</b>  <b>Hamburger/Cheeseburger</b>                      Lettuce/Tomato/Onions                      French Fries</p>
<p><b>14</b>  <b>Sweet &amp; Sour Chicken</b>                      Fried Rice                      Stir Fried Veggies                      Vegetable Egg Roll</p>	<p><b>15</b>  <b>Fiesta Burrito Bowl</b>                      Chicken, Beef &amp; Queso                      Cilantro Lime Rice                      Black Beans</p>	<p><b>16</b>  <b>Popcorn Chicken Bowl</b>                      Mashed Potato/Gravy                      Corn                      Dinner Roll</p>	<p><b>17</b>  <b>Spaghetti w/ Meatballs</b>                      Seasoned Vegetables                      Garlic Breadstick</p>	<p><b>18</b>  <b>Chicken Enchiladas</b>                      Garlic Vegetable Saute                      Mexican Rice</p>
<p><b>21</b>  <b>Chicken Alfredo Pasta</b>                      Steamed Broccoli                      Garlic Toast</p>	<p><b>22</b>  <b>Beef Soft Tacos</b>                      Corn &amp; Black Bean Fiesta                      Cheese, Salsa, Sour Cream</p>	<p><b>23</b>  <b>Popcorn Chicken Bowl</b>                      Mashed Potato/Gravy                      Corn                      Dinner Roll</p>	<p><b>24</b>  <b>Breakfast for Lunch</b>                      French Toast Sticks                      Sausage &amp; Eggs                      Hash Brown</p>	<p><b>25</b>  <b>Chicken Shawarma Gyro</b>                      Roasted Onion &amp; Peppers                      Lettuce &amp; Tomato                      Cucumber, Tzatziki</p>
<p><b>28</b>  <b>Sweet Thai Chicken</b>                      Fried Rice                      Stir Fried Veggies                      Vegetable Egg Roll</p>	<p><b>29</b>  <b>Walking Taco</b>                      Seasoned Beef &amp; Cheese                      Corn &amp; Black Beans</p>	<p><b>30</b>  <b>Popcorn Chicken Bowl</b>                      Mashed Potato/Gravy                      Corn                      Dinner Roll</p>	<p><b>31</b>  <b>Baked Mostaccioli</b>                      Seasoned Vegetables                      Garlic Breadstick</p>	<p><b>1</b></p>

### AVAILABLE DAILY

Pizza  
 Sub and Wrap Sandwich  
 Yogurt Parfait  
 PBJ  
 Rotating Grill Items

All students can receive 1  
 FREE Lunch each day.  
 Milk is included.

Additional entrees, sides,  
 snacks and beverages are  
 available to purchase

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

### **BREAKFAST FREE**

Served in the cafeteria  
 each morning  
 7:40-7:55am  
 Select from an assortment  
 of Grains, Fresh Fruit,  
 Fruit Juice and 1% white  
 or chocolate Milk.

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