

# OCTOBER | 2024



## Harbor Springs Middle School

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p><b>30</b> Hamburger/Cheeseburger French Fries Fruit &amp; Veggie Bar</p> <p>Italian Sub or PBJ</p>	<p><b>1</b> Macaroni &amp; Cheese Steamed Broccoli Roll Fruit &amp; Veggie Bar</p> <p>Italian Sub or PBJ</p>	<p><b>2</b> Orange Chicken Fried Rice Snap Peas Fruit &amp; Veggie Bar</p> <p>Italian Sub or PBJ</p>	<p><b>3</b> Bosco Breadsticks Marinara Dipping Cup Green Beans Fruit &amp; Veggie Bar</p> <p>Italian Sub or PBJ</p>	<p><b>4</b> Personal Pizza Baby Carrots Fruit &amp; Veggie Bar</p> <p>Italian Sub or PBJ</p>
<p><b>7</b> French Toast Sticks Cheese Omelet Hash Brown Triangle Fruit &amp; Veggie Bar</p> <p>Yogurt Parfait or PBJ</p>	<p><b>8</b> Beef &amp; Cheese Taco Lettuce, Tomato, Salsa Fruit &amp; Veggie Bar</p> <p>Yogurt Parfait or PBJ</p>	<p><b>9</b> Chicken Drumstick French Fries Cornbread Fruit &amp; Veggie Bar</p> <p>Yogurt Parfait or PBJ</p>	<p><b>10</b> Corn Dog on a Stick Baked Beans Fruit &amp; Veggie Bar</p> <p>Yogurt Parfait or PBJ</p>	<p><b>11</b> French Bread Pizza Steamed Broccoli Fruit &amp; Veggie Bar</p> <p>Yogurt Parfait or PBJ</p>
<p><b>14</b> Crazy Cheese Bread Marinara Dipping Cup Baby Carrots Fruit &amp; Veggie Bar</p> <p>Chicken Salad or PBJ</p>	<p><b>15</b> Cheese Tortellini Green Beans Garlic Toast Fruit &amp; Veggie Bar</p> <p>Chicken Salad or PBJ</p>	<p><b>16</b> Chicken Tenders Steamed Corn Buttermilk Biscuit Fruit &amp; Veggie Bar</p> <p>Chicken Salad or PBJ</p>	<p><b>17</b> Waffle Pork Sausage Links Dragon Punch Fruit &amp; Veggie Bar</p> <p>Chicken Salad or PBJ</p>	<p><b>18</b> Personal Pizza Vegetable Blend Fruit &amp; Veggie Bar</p> <p>Chicken Salad or PBJ</p>
<p><b>21</b> Pancakes Yogurt Cup Hash Brown Triangle Fruit &amp; Veggie Bar</p> <p>Turkey Wrap or PBJ</p>	<p><b>22</b> BBQ Beef Sandwich Baked Beans Fruit &amp; Veggie Bar</p> <p>Turkey Wrap or PBJ</p>	<p><b>23</b> Boneless Chicken Wings Steamed Corn Cornbread Fruit &amp; Veggie Bar</p> <p>Turkey Wrap or PBJ</p>	<p><b>24</b> Soft Pretzel w/ Cheese Steamed Broccoli Fruit &amp; Veggie Bar</p> <p>Turkey Wrap or PBJ</p>	<p><b>25</b> French Bread Pizza Green Beans Fruit &amp; Veggie Bar</p> <p>Turkey Wrap or PBJ</p>
<p><b>28</b> French Toast Swirl Pork Sausage Links Wango Mango Juice Fruit &amp; Veggie Bar</p> <p>Italian Sub or PBJ</p>	<p><b>29</b> Beef Hot Dog French Fries Fruit &amp; Veggie Bar</p> <p>Italian Sub or PBJ</p>	<p><b>30</b> Chicken Nuggets Vegetable Blend Roll Fruit &amp; Veggie Bar</p> <p>Italian Sub or PBJ</p>	<p><b>31</b> Mini Pizza Calzones Baby Carrots Fruit &amp; Veggie Bar</p> <p>Italian Sub or PBJ</p>	<p><b>1</b></p>

### AVAILABLE DAILY

Pizza  
Burgers  
Chicken Sandwich

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 whole grain items:  
Cereal, Bagel, Muffin,  
Banana or Lemon bread,  
Yogurt, Fresh Fruit, Fruit  
Juice and 1% white or  
chocolate Milk.

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