

OCTOBER | 2024



Shay Elementary 2-4

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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

AVAILABLE DAILY

Pizza
Burgers
Chicken Sandwich

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

Additional entrees, sides,
and milk 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>