

# OCTOBER | 2024



## Shay Elementary K-1

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> Cheese 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 &amp; Muffin or PBJ</p>	<p><b>8</b> Beef &amp; Cheese Taco Lettuce, Tomato, Salsa Fruit &amp; Veggie Bar</p> <p>Yogurt &amp; Muffin or PBJ</p>	<p><b>9</b> Crispy Chicken Sandwich French Fries Fruit &amp; Veggie Bar</p> <p>Yogurt &amp; Muffin or PBJ</p>	<p><b>10</b> Corn Dog on a Stick Baked Beans Fruit &amp; Veggie Bar</p> <p>Yogurt &amp; Muffin or PBJ</p>	<p><b>11</b> Cheese Pizza Steamed Broccoli Fruit &amp; Veggie Bar</p> <p>Yogurt &amp; Muffin or PBJ</p>
<p><b>14</b> Crazy Cheese Bread Marinara Dipping Cup Baby Carrots Fruit &amp; Veggie Bar</p> <p>Garden Salad or PBJ</p>	<p><b>15</b> Cheese Tortellini Green Beans Garlic Toast Fruit &amp; Veggie Bar</p> <p>Garden Salad or PBJ</p>	<p><b>16</b> Chicken Tenders Steamed Corn Buttermilk Biscuit Fruit &amp; Veggie Bar</p> <p>Garden Salad or PBJ</p>	<p><b>17</b> Waffle Pork Sausage Links Dragon Punch Fruit &amp; Veggie Bar</p> <p>Garden Salad or PBJ</p>	<p><b>18</b> Cheese Pizza Vegetable Blend Fruit &amp; Veggie Bar</p> <p>Garden 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> Cheese 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>

All students can receive 1  
FREE Lunch each day.  
Milk is included.  
\*Students MUST select at  
least 1 serving of a fruit or  
vegetable.

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>