



**Harrisburg
R-VIII School
District
ELEMENTARY
BREAKFAST AND
LUNCH**

SEPTEMBER 2010



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		It's CPD with Opaa! 1 1 Chicken Patty Mashed Potatoes w/Gravy Green Beans, Whole Grain Hot Roll, Milk 2 Swiss Steak Mashed Potatoes w/Gravy, Green Beans, Whole Grain Hot Roll, Milk 3 Caesar Chef Salad Whole Grain Hot Roll Fresh Fruit, Milk	1 Corn Dog 2 Fresh Fruit, Broccoli Fruit Streusel Muffin Milk 2 Mac N' Cheese w/Ham Broccoli, Fresh Fruit Fruit Streusel Muffin, Milk 3 Chef Salad Fresh Fruit, Fruit Streusel Muffin, Milk	3 No School
LABOR DAY 6	1 Hamburger Sliders 7 Oven Fries, Fresh Grapes Hummingbird Cake, Milk 2 Italian Calzone Oven Fries, Fresh Grapes Hummingbird Cake, Milk 3 Chef Salad Fresh Grapes, Hummingbird Cake, Milk	It's CPD Day with Opaa! 8 1 Chicken Patty Mashed Potatoes w/Gravy, Mixed Vegetables, Whole Grain Opaa! Hot Roll, Milk 2 Meatloaf Mashed Potatoes w/Gravy, Mixed Vegetables, Whole Grain Opaa! Hot Roll, Milk 3 Caesar Chef Salad Fresh Fruit, Whole Grain Opaa! Hot Roll, Milk	1 Spaghetti w/Italian Bread 9 Fresh Garden Salad Green Beans Fresh Fruit Cup Milk 2 3 Cheese Grilled Cheese, Fresh Garden Salad, Green Beans, Fresh Fruit Cup, Milk 3 Chef Salad Fresh Fruit Cup, Italian Bread, Milk	1 PBJ on Whole Wheat 10 Fresh Garden Vegetables Missouri Apples Chocolate Cookie, Milk 2 Pita Pizza Fresh Garden vegetables Missouri Apples, Chocolate Cookie, Milk 3 Italian Chef Salad Fresh Missouri Apples Chocolate Cookie, Milk
1 BBQ Rib 13 Pasta Salad, Fresh Apple Salad, Cowboy Cookie, Milk 2 All American Hot Dog Pasta Salad, Fresh Apple Salad, Cowboy Cookie, Milk 3 Fajita Chicken Salad Fresh Apple Salad, Cowboy Cookie, Milk	It's Taco Tuesday! 14 1 Taco's Fresh Garden Salad Melon Wedges Whipped Jello 2 Italian Sub Fresh Garden Salad Melon Wedges Whipped Jello, Milk 3 Chef Salad w/ Italian Bread Fresh Melon Wedges Whipped Jello, Milk	It's CPD with Opaa! 15 1 Chicken Patty Mashed Potatoes w/Gravy Peas and Carrots, Whole Grain Hot Roll, Milk 2 Turkey Mashed Potatoes w/Gravy, Peas and Carrots, Whole Grain Hot Roll, Milk 3 Caesar Chef Salad Fresh Watermelon Whole Grain Hot Roll, Milk	Breakfast for Lunch 16 1 French Toast Sticks Sausage, Tater Tots, Melon Wedges, Milk 2 Biscuits and Gravy Sausage, Tater Tots Melon Wedges, Milk 3 Chef Salad, Fresh Melon Wedges Pumpkin Muffin Milk	New Menu Feature! 17 1 Whole Grain Pizza Fresh Garden Salad Fresh Grapes, Monster Cookie, Milk 2 Tuna Salad on Whole Wheat Fresh Garden Salad, Fresh Grapes, Monster Cookie, Milk 3 Italian Salad, Fresh Grapes, Monster Cookie, Milk
1 Chicken Sticks 20 Seasoned Oven Fries Fresh Melon, Rainbow Cake, Milk 2 Sloppy Joe Seasoned Oven Fries Fresh Melon, Rainbow Cake, Milk 3 Fajita Chicken Salad Fresh Melon, Rainbow Cake, Milk	1 Chicken and Cheese Quesadilla 21 Fresh Garden Salad Fresh Missouri Apples, Jello, Milk 2 Ham and Cheese Calzone, Fresh Garden Salad, Fresh Missouri Apples, Jello, Milk 3 Chef Salad Fresh Missouri Apples, Jello, Milk	It's CPD with Opaa! 22 1 Chicken Patty Mashed Potatoes w/Gravy, Green Beans, Whole Grain Hot Roll, Milk 2 Salisbury Steak Mashed Potatoes w/Gravy, Green Beans, Whole Grain Hot Roll, Milk 3 Caesar Chef Salad Chilled Fruit, Whole Grain Hot Rolls, Milk	23 Early Release Turkey & Cheese Sandwich Chips Fresh Fruit Sugar Cookie, Milk	24 No School
1 Chicken Fries 27 Oven Fries Fresh Pears Brownie, Milk 2 Pig N' Blanket Oven Fries Fresh Pears Brownie, Milk 3 Fajita Chicken Salad Fresh Pears Brownie, Milk	1 Stromboli 28 Fresh Garden Salad, Chilled Melon, PB Chocolate Chip Cookie, Milk 2 Super Nacho's Fresh Garden Salad, Chilled Melon, PB Chocolate Chip Cookie, Milk 3 Chef Salad Chilled Melon, PB Chocolate Chip Cookie, Milk	1 Chicken Patty 29 Mashed Potatoes w/Gravy Mixed Vegetables Whole Grain Opaa! Hot Roll, Milk 2 BBQ Meatloaf Mashed Potatoes w/Gravy Mixed Vegetables Whole Grain Opaa! Hot Roll, Milk 3 Caesar Chef Salad Chilled Tropical Fruit Whole Grain Opaa! Hot Roll, Milk	1 Hamburger 30 Crunchy Garden Vegetables Fresh Apple Slices Amish Sugar Cookie, Milk 2 Turkey Club Wrap Crunchy Garden Vegetables Fresh Apple Slices Amish Sugar Cookie, Milk 3 Chef Salad Fresh Apple Slices, Whole Grain Opaa! Hot Roll, Amish Sugar Cookie, Milk	

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**Our Menus meet USDA guidelines
for calories, fat, saturated fat,
protein, calcium, iron, and
vitamins A and C.
Milk Served Daily:
1%, Skim, & Chocolate Skim
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Menus are subject to Change



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