

February 2019

Harrison Middle School Lunch Menu

Lunch Meal Prices:

Paid: \$2.60

Reduced Price: \$.40

Highlander Meal: \$3.00

What Items Are Included In A Middle School Lunch?

- Five Meal Components
- Meat/Meat Alternate – 1 Choice
- Whole Grain – 1 Choices
- Vegetable – 2 Choices & Unlimited Fresh Vegetables
- Fruit – 1 Choices
- Milk – 1 Choice

Students must choose at least 3 of the 5 components with 1 of the 3 components being a fruit or vegetable.

Salad Bar Meal Available Daily \$2.60

Students can create their own salad by selecting from a variety of fresh vegetables, protein choice, whole grain, fruit & milk.

Vegetarian Entrées Available Daily.

Highlander Meal Station Menu \$3.00

- Tuesday - Taco Bar
- Wednesday – Deli Bar
- Thursday – Asian Bar

The Highlander meal includes premium meals with an all-you-can-eat salad bar.

Assorted fruits & vegetables are offered daily along with the featured hot entrée & hot vegetable on the menu.

Alternate Entrees Available Daily

Hot Pretzel Melt Sandwiches
Deli Wraps/Sandwiches
Peanut Butter & Jelly Sandwiches
Fridays Only - Fish Sandwiches



Milk Choices:

Fat-Free Unflavored
Low-Fat 1% Unflavored
Fat-Free Flavored
Ala Carte Price...\$.50

Featured Hot Entrée & Hot Vegetable Of The Day

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Pizza Crunchers With Marinara Sauce Delicious Carrots & Peas
4 Mini Corn Dogs Dinner Roll Sweet Potato Fries	5 Macaroni & Cheese Quesadilla Fiesta Black Bean	6 BBQ Pulled Turkey Hoagie Fabulous Curly Fries	7 Philly Steak & Cheese Calzone Assorted Fresh Vegetables	8 Sicilian Cheese Pizza Sunshine Cauliflower
11 Mini Cheese-Filled Pirogies Savory Broccoli	12 Hamburger/Cheeseburger BBQ Baked Beans	13 Egg, Bacon & Cheese Croissant Sandwiches Fantastic Hash Rounds	14 Heart-Shaped Chicken Nuggets w/Breadstick Warm Carrots	15 Crispy Popcorn Chicken Dinner Roll Au Gratin Potatoes
18 No School	19 Cheese-Filled Bread Sticks With Savory Dipping Sauce Fantastic Onion Rings	20 BBQ Pulled Turkey Hoagie Fabulous French Fries	21 Buffalo Chicken Calzone Crispy Celery & Carrot Sticks	22 Sicilian Cheese Pizza Sweet Corn
25 Italian Combo Platter Mini Ravioli & Cheese Sticks w/Dipping Sauce	26 Hamburger/Hot Dog BBQ Baked Beans	27 Vegetable Flatbread Pizza California Blend Vegetables	28 Crispy Chicken Tenders Dinner Roll & Scalloped Potatoes	

February 2019

Harrison Middle School Breakfast Menu

Breakfast Meal Price:

**Paid - \$1.40
Reduced - \$.30**

Milk Choices:

**Fat-Free Unflavored
Low-Fat 1% Unflavored
Fat-Free Flavored
Ala Carte Price...\$.50**

Breakfast Meal Includes:

- **Choice of 2 Whole Grain Entrees**
- **Choice of 1 100% Fruit Juice**
- **Choice of 1 Fruit**
- **Choice of 1 Milk**

Students must choose at least 3 meal components with 1 of the 3 being either Fruit or 100% Fruit Juice.

Breakfast Is Served Daily

Students can choose either a Hot Entrée or a Cold Entrée and a fruit, juice and milk.

Menu is subject to change.

This institution is an equal opportunity provider and employer.

Cold Entrees Offered:

Monday – Coco-Cherry Nutrition Bars

Tuesday – Special Pastry

(Raspberry Turnovers/Cinnamon Bars/Cocoa Turnovers)

Wednesday – Fruit & Yogurt Smoothie & Cereal Bar

Thursday – Mini Donuts

Friday – Fruit & Yogurt Smoothie & Cereal Bar



Hot Entrees Offered:

Monday – Pancake on a Stick

Tuesday - Breakfast Sandwich/Wrap

Wednesday - Breakfast Pizza

Thursday – Cinnamon-Filled Twist Sticks

Friday: Special Entrée Featured

Hot entrees equal 2 whole grain meal components.

Meal Benefits

If you feel you may qualify for meal benefits, *please go to www.schoolcafe.com and complete a meal application online.*

Meal benefits are good for only one school year. If you have not reapplied for the new school year **after July 1, 2018**, please apply for meal benefits now. If you received a direct Certification letter from BWSD **after July 1, 2018** stating that you qualify for the 2018-2019 school year, you do not have to complete a meal application.

Review Board Policy 808.1, Meal Charges, at www.bwschools.net for more information on meal charges.

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