

## January 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 – Pizza 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
	<i>Happy New Year!</i>	2 Pizza Crunchers/Marinara Sauce Savory Broccoli	3 Crispy Chicken Tenders Dinner Roll & Sweet Corn	4 Hot & Spicy Chicken Sandwich Warm Carrots
7 Mini Corn Dogs Dinner Roll Warm Winter Blend	8 Macaroni & Cheese Quesadilla Delightful Green Peas	9 BBQ Pulled Turkey Hoagie Fabulous French Fries	10 Wildlife Chicken Nugget Day Zoo Crackers Sunshine Cauliflower	11 Crispy Popcorn Chicken Fantastic Onion Rings
14 Mini Cheese-Filled Pirogies Savory Broccoli	15 Hamburger/Cheeseburger BBQ Baked Beans	16 Breakfast For Lunch Egg, Bacon & Cheese Croissant Sandwiches Fantastic Potato Smiles	17 Breaded Chicken Sandwich Warm Carrots	18 Tangerine Chicken Brown Rice Oriental Vegetables
21 No School	22 Cheese-Filled Bread Sticks Zucchini & Tomatoes	23 New... Chicken Rings Atomic Cheez-It's Crackers Savory Broccoli	24 Turkey Pot Roast Mashed Potatoes & Gravy	25 Harrison Happy Meal Giggles Chicken Patty Smiley Emoji Potatoes
28 New... Italian Combo Platter Mini Ravioli & Cheese Sticks w/Dipping Sauce	29 Hamburger/Hot Dog BBQ Baked Beans	30 General Tso's Chicken Brown Rice Green Peas	31 Buffalo Turkey Hoagie Fantastic French Fries	

**January 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 – Confetti Pancakes**

**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](http://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](http://www.bwschools.net) for more information on meal charges.

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