



HARRISONBURG CITY SCHOOLS MENU

SKYLINE AND THOMAS HARRISON MIDDLE SCHOOLS



February 1 - 29, 2012

Choose one entrée, two fruits and vegetables, and a milk for a complete lunch!

Cold sandwich selections may include PB&J, chicken and tuna salad, veggie wraps, and hummus on pita bread. Veggie burgers are available upon request.

On average, 10% of our food items are purchased from local farmers!

		Feb. 1	Feb. 2	Feb. 3
		BREAKFAST: Fresh Fruit or Fruit Juice Blueberry Waffle Milk LUNCH: Choose One: Fish Fillet Sandwich Pizza of the Day Cold Sandwich with Salad Bar Choose Two: Corn on the Cob, Side Salad Raw Veggie Cup, Fruit Assortment Milk - Sugar Cookie	BREAKFAST: Fresh Fruit or Fruit Juice Whole Grain Cinnamon Bun Milk LUNCH: Choose One: Chicken Quesadilla w/Brown Rice Pizza of the Day Cold Sandwich with Salad Bar Choose Two: Steamed Broccoli, Side Salad Raw Veggie Cup, Fruit Assortment Milk	BREAKFAST: Fresh Fruit or Fruit Juice Mr. J's Bagel w/Cream Cheese Milk LUNCH: Choose One: Spaghetti w/Meat Sauce & Wheat Roll Pizza of the Day Cold Sandwich with Salad Bar Choose Two: Side Salad Raw Veggie Cup, Fruit Assortment Milk
Feb. 6	Feb. 7	Feb. 8	Feb. 9	Feb. 10
BREAKFAST: Fresh Fruit or Fruit Juice Breakfast Pizza Milk LUNCH: Choose One: Cheese Filled Pasta Shells w/Wheat Roll Pizza of the Day Cold Sandwich with Salad Bar Choose Two: California Blend Veggies, Side Salad Raw Veggie Cup, Fruit Assortment Milk	BREAKFAST: Fresh Fruit or Fruit Juice Scrambled Eggs w/Wheat Toast Milk LUNCH: Choose One: Turkey Hot Dog Pizza of the Day Cold Sandwich with Salad Bar Choose Two: Steamed Broccoli, Side Salad Raw Veggie Cup, Fruit Assortment Milk - Sunchips	BREAKFAST: Fresh Fruit or Fruit Juice Whole Grain Pancakes Milk LUNCH: Choose One: Egg Roll w/Brown Rice Pizza of the Day Cold Sandwich with Salad Bar Choose Two: Stir-Fry Veggies, Side Salad Raw Veggie Cup, Fruit Assortment Milk	BREAKFAST: Fresh Fruit or Fruit Juice Whole Grain Apple Roll Milk LUNCH: Choose One: Barbequed Chicken Breast w/Breadstick Pizza of the Day Cold Sandwich with Salad Bar Choose Two: Green Beans, Side Salad Raw Veggie Cup, Fruit Assortment Milk - Oatmeal Raisin Cookie	Schools Closed Staff Development
Feb. 13	Feb. 14	Feb. 15	Feb. 16	Feb. 17
BREAKFAST: Fresh Fruit or Fruit Juice Breakfast Pizza Milk LUNCH: Choose One: Macaroni & Cheese w/Breadstick Pizza of the Day Cold Sandwich with Salad Choose Two: Steamed Broccoli, Side Salad Raw Veggie Cup, Fruit Assortment Milk	BREAKFAST: Fresh Fruit or Fruit Juice Ham, Egg & Cheese Breakfast Sandwich Milk LUNCH: Choose One: Chicken Fillet Sandwich w/Lettuce & Tomato Pizza of the Day Cold Sandwich with Salad Bar Choose Two: Side Salad Raw Veggie Cup, Fruit Assortment Milk - Heart Cookie	BREAKFAST: Fresh Fruit or Fruit Juice Mini Pancakes Milk LUNCH: Choose One: Salisbury Steak w/Wheat Roll Pizza of the Day Cold Sandwich with Salad Bar Choose Two: Mashed Potatoes, Side Salad Raw Veggie Cup, Fruit Assortment Milk	BREAKFAST: Fresh Fruit or Fruit Juice Sausage, Egg & Cheese Frittata Milk LUNCH: Choose One: Hamburger w/Lettuce & Tomato Pizza of the Day Cold Sandwich with Salad Bar Choose Two: Steamed Spinach, Side Salad Raw Veggie Cup, Fruit Assortment Milk - Mini Pretzels	BREAKFAST: Fresh Fruit or Fruit Juice Mr. J's Bagel w/Cream Cheese Milk LUNCH: Choose One: Roasted Chicken w/Wheat Roll Pizza of the Day Cold Sandwich with Salad Bar Choose Two: Buttered Peas, Side Salad Raw Veggie Cup, Fruit Assortment Milk
Feb. 20	Feb. 21	Feb. 22	Feb. 23	Feb. 24
BREAKFAST: Fresh Fruit or Fruit Juice Breakfast Pizza Milk LUNCH: Choose One: Grilled Ham & Cheese Sandwich Pizza of the Day Cold Sandwich with Salad Bar Choose Two: Vegetable Soup, Side Salad Raw Veggie Cup, Fruit Assortment Milk - President's Day Cookies	BREAKFAST: Fresh Fruit or Fruit Juice Cheese Omelet w/Wheat Toast Milk LUNCH: Choose One: Chicken Fajita w/Brown Rice Pizza of the Day Cold Sandwich with Salad Bar Choose Two: Refried Beans, Side Salad Raw Veggie Cup, Fruit Assortment Milk	BREAKFAST: Fresh Fruit or Fruit Juice Egg & Cheese Burrito Milk LUNCH: Choose One: Catfish Strips w/Breadstick Pizza of the Day Cold Sandwich with Salad Bar Choose Two: Buttered Corn, Side Salad Raw Veggie Cup, Fruit Assortment Milk - Goldfish Crackers	BREAKFAST: Fresh Fruit or Fruit Juice Cinnamon Glazed French Toast Milk LUNCH: Choose One: Beef & Bean Burrito w/Brown Rice Pizza of the Day Cold Sandwich with Salad Bar Choose Two: Green Beans, Side Salad Raw Veggie Cup, Fruit Assortment Milk	BREAKFAST: Fresh Fruit or Fruit Juice Mr. J's Bagel w/Cream Cheese Milk LUNCH: Choose One: Baked Potato Bar w/Wheat Roll Pizza of the Day Cold Sandwich with Salad Bar Choose Two: Mixed Veggies, Side Salad Raw Veggie Cup, Fruit Assortment Milk
Feb. 27	Feb. 28	Feb. 29		
BREAKFAST: Fresh Fruit or Fruit Juice Breakfast Pizza Milk LUNCH: Choose One: Breaded Chicken Chunks w/Breadstick Pizza of the Day Cold Sandwich with Salad Bar Choose Two: Steamed Broccoli, Side Salad Raw Veggie Cup, Fruit Assortment Milk	BREAKFAST: Fresh Fruit or Fruit Juice Scrambled Eggs w/Wheat Toast Milk LUNCH: Choose One: BBQ Pork Ribs w/Breadstick Pizza of the Day Cold Sandwich with Salad Bar Choose Two: Green Beans, Side Salad Raw Veggie Cup, Fruit Assortment Milk - Snack Mix	BREAKFAST: Fresh Fruit or Fruit Juice Pancake & Sausage Links Milk LUNCH: Choose One: Steak & Cheese Sub Pizza of the Day Cold Sandwich with Salad Bar Choose Two: Mashed Potatoes, Side Salad Raw Veggie Cup, Fruit Assortment Milk		

Non-discrimination Statement: "In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer."

MENUS MAY CHANGE DUE TO AVAILABILITY OF PRODUCTS ASSORTED COLD CEREAL WITH MILK AND GRAHAM CRACKERS AND JUICE IS OFFERED DAILY AS A BREAKFAST CHOICE. DAILY PRICES - BREAKFAST \$.75, LUNCH \$1.70 - REDUCED BREAKFAST \$.30 - LUNCH \$.40, ADULTS - BREAKFAST \$1.50, LUNCH \$2.75 NUTRITION INFORMATION IS AVAILABLE BY CALLING ANDREA EARLY AT THE SCHOOL NUTRITION PROGRAM OFFICE 437-3300 OR BY EMAIL AT aeary@harrisonburg.k12.va.us