



HARRISONBURG CITY SCHOOLS MENU

SKYLINE AND THOMAS HARRISON MIDDLE SCHOOLS



March 1 - 30, 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.

Local foods being served this month include apples, lettuce, ground beef and hamburgers, bagels and homemade rolls.

			Mar. 1	Mar. 2
			BREAKFAST: Fresh Fruit or Fruit Juice Bananaberry Muffin w/ Yogurt Milk LUNCH: Choose One: Whole Grain Corn Dog Pizza of the Day Cold Sandwich with Salad Bar Choose Two: Buttered Corn, Side Salad Raw Veggie Cup, Fruit Assortment Milk - Cookie	BREAKFAST: Fresh Fruit or Fruit Juice Mr. J's Bagel w/ Cream Cheese Milk LUNCH: Choose One: Taco w/Shell Choice & Brown Rice Pizza of the Day Cold Sandwich with Salad Bar Choose Two: Seasoned Black Beans, Side Salad Raw Veggie Cup, Fruit Assortment Milk
Mar. 5	Mar. 6	Mar. 7	Mar. 8	Mar. 9
BREAKFAST: Fresh Fruit or Fruit Juice Breakfast Pizza Milk LUNCH: Choose One: Cheese Burger w/Lettuce & Tomato Pizza of the Day Cold Sandwich with Salad Bar Choose Two: Lima Beans, Side Salad Raw Veggie Cup, Fruit Assortment Milk - Baked Doritos	Schools Closed Conference Day	BREAKFAST: Fresh Fruit or Fruit Juice Blueberry Waffle Milk LUNCH: Choose One: Fish Sticks w/ Breadstick Pizza of the Day Cold Sandwich with Salad Bar Choose Two: Buttered Corn, 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: French Toast w/ Turkey Sausage Pizza of the Day Cold Sandwich with Salad Bar Choose Two: Seasoned Potatoes, Side Salad Raw Veggie Cup, Fruit Assortment Milk
Mar. 12	Mar. 13	Mar. 14	Mar. 15	Mar. 16
BREAKFAST: Fresh Fruit or Fruit Juice Breakfast Pizza Milk LUNCH: Choose One: Lasagna 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: Honey-Lemon Chicken on Bun Pizza of the Day Cold Sandwich with Salad Bar Choose Two: Green Beans, Side Salad Raw Veggie Cup, Fruit Assortment Milk - Oatmeal Raisin Cookie	BREAKFAST: Fresh Fruit or Fruit Juice Mr. J's Bagel w/ Cream Cheese Milk LUNCH: Choose One: Pork Rib-B-Q Sandwich Pizza of the Day Cold Sandwich with Salad Bar Choose Two: Baked Beans, Side Salad Raw Veggie Cup, Fruit Assortment Milk
Mar. 19	Mar. 20	Mar. 21	Mar. 22	Mar. 23
BREAKFAST: Fresh Fruit or Fruit Juice Breakfast Pizza Milk LUNCH: Choose One: Macaroni & Cheese 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 Ham, Egg & Cheese Breakfast Sandwich Milk LUNCH: Choose One: Chicken Filet Sandwich w/Lettuce & Tomato Pizza of the Day Cold Sandwich with Salad Bar Choose Two: Sweet Potato Puffs, Side Salad Raw Veggie Cup, Fruit Assortment Milk - Chocolate Chip 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/ Brown Rice Pizza of the Day Cold Sandwich with Salad Bar Choose Two: Buttered Peas, Side Salad Raw Veggie Cup, Fruit Assortment Milk
Mar. 26	Mar. 27	Mar. 28	Mar. 29	Mar. 30
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	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: Fish Tacos Pizza of the Day Cold Sandwich with Salad Bar Choose Two: Buttered Corn, Side Salad Raw Veggie Cup, Fruit Assortment Milk - Goldfish Cookies	BREAKFAST: Fresh Fruit or Fruit Juice Cinnamon Glazed French Toast Milk LUNCH: Choose One: Bean & Cheese 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: Macaroni & Beef w/ Wheat Roll Pizza of the Day Cold Sandwich with Salad Bar Choose Two: Mixed Veggies, Side Salad Raw Veggie Cup, Fruit Assortment Milk

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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 aearyl@harrisonburg.k12.va.us