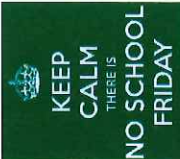
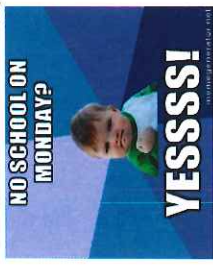
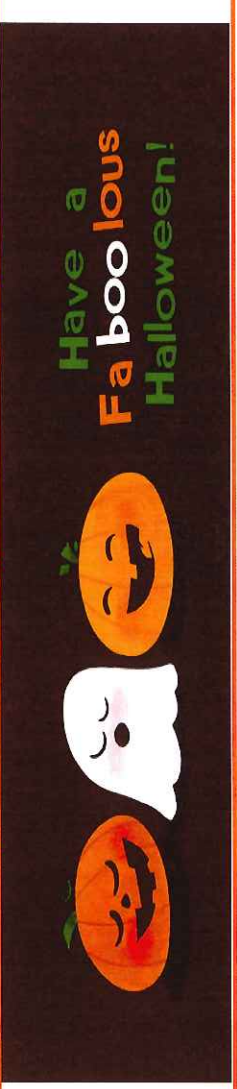


# HARRISBURG ELEMENTARY OCTOBER BREAKFAST MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Breakfast Pizza (2 items)	4 Tiger Breakfast Sandwich ♦ (2 items)	5 Long John (2 items) or Yogurt Smoothie (2 items)	6 French Toast Sticks (2 items)	7 
10  Breakfast Pizza (2 items)	11 Breakfast Bites (2 items)	12 Biscuits & Gravy ♦ (2 items) or Yogurt Smoothie (2 items)	13 Scrambled Eggs Tri Tator (2 items)	14 Iced Long John (2 items)
17 Breakfast Pizza (2 items)	18 Fruit Strudel (2 items)	19 Cheese Omelet Toast (2 items) or Yogurt Smoothie (2 items)	20 Tiger Breakfast Sandwich ♦ (2 items)	21 Fresh Baked Cinnamon Roll (2 items)
24 French Toast Sticks (2 items)	25 Mini Pancakes (2 items)	26 Biscuits & Gravy ♦ (2 items) or Yogurt Smoothie (2 items)	27 Lumberjack ♦ (2 items)	28 Cream Cheese Stuffed Bagels (2 items)
31 Breakfast Pizza (2 items)				

- Additional Breakfast Choices
- Cereal (1 item)
  - Fruit (1 item)
  - Yogurt ( 1 item)
  - Juice (1 item)
  - Milk (1 item)
  - M W F Toast (1 item)
  - T & TH Poptart (1 item)



Breakfast Meal Prices

Elementary	\$1.35
Middle School	\$1.35
High School	\$1.35
Adult	\$1.85

Extra Entrée	\$1.30
Extra Milk	\$0.40

♦ = Contains Pork!

Any questions, comments or concerns  
Chris Beach  
607-743-9031  
chris.beach@k12.sd.us

Harrisburg School District is an equal opportunity provider.



# HARRISBURG ELEMENTARY OCTOBER LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Breaded Pork Chop ♦ or Hot Ham and Cheese ♦ Mashed Potatoes & Gravy	4 Chicken Fajitas or Mini Corn Dogs Refried Beans ♦	5 Grilled Cheese & Tomato Soup or Breaded Chicken Sandwich Steamed Broccoli	6 Chicken Parmesan or Cheese Pizza Green Beans	7 
10 	11 Pulled Pork Sandwich ♦ or Pepperoni Stuffed Crust Pizza Sweet Potato Fries	12 Spaghetti & Meatsauce Breadstick or Chicken Strips Green Beans	13 Beef Tacos or Chicken Burger California Blend	14 Shrimp Poppers or Hot Dog Baked Beans
17 Meatball Sub Sandwich or Mini Corn Dogs Steamed Cauliflower	18 Nacho Grande or Breaded Chicken Sandwich Taco Fiesta Black Beans	19 Popcorn Chicken or Turkey Sub Sandwich Wedge Cut Fries	20 Cheese Pizza or Walking Tacos Steamed Carrots	21 Macaroni & Cheese or Sweet & Sassy BBQ Rib Sandwich ♦ Steamed Corn
24 Chicken Nuggets or Taco Bites Green Beans	25 Beef & Bean Burrito or Pepperoni Pizza ♦ Refried Beans	26 Chicken Alfredo Breadstick or Hamburger Steamed Broccoli	27 Turkey Gravy over Mashed Potatoes Dinner Roll or Italian Dunkers Steamed Corn	28 Baked Fish Sticks or Chicken Strips California Blend
				
Corn Dog or Chicken Fried Steak Strips Mashed Potatoes & Gravy				

- All meals include:
- fresh & canned fruits
  - fresh vegetables
  - a choice of Milk



Lunch Meal Prices

Elementary	\$2.65
Middle School	\$2.80
High School	\$3.00
Adult	\$3.60

Extra Entrée	\$1.30
Extra Milk	\$0.40

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# HARRISBURG ELEMENTARY OCTOBER GLUTEN FREE LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Hot Ham and Cheese ♦ Mashed Potatoes Margarine	4 Ham Sub Sandwich Refried Beans ♦	5 Chicken Burger Steamed Broccoli	6 Cheese Pizza Green Beans	7  Hot Dog Baked Beans
10  Cheese Pizza Steamed Cauliflower	11 ♦ Pulled Pork Sandwich ♦ Sweet Potato Fries	12 Spaghetti & Meatsauce Green Beans	13 Chicken Burger California Blend	14 Hot Dog Baked Beans
17 Cheese Pizza Steamed Cauliflower	18 Nacho Grande Taco Fiesta Black Beans	19 Turkey Sub Sandwich French Fries	20 Walking Tacos Steamed Carrots	21 Sweet & Sassy BBQ Rib Sandwich ♦ Steamed Corn
24 Chicken Nuggets Green Beans	25 ♦ Pepperoni Pizza ♦ Refried Beans	26 Chicken Alfredo Steamed Broccoli	27 Hamburger Mashed Potatoes & Margarine Steamed Corn	28 Ham Sub Sandwich California Blend
				

- All meals include:
- fresh & canned fruits
  - fresh vegetables
  - a choice of Milk



Lunch Meal Prices

Elementary	\$2.65
Middle School	\$2.80
High School	\$3.00
Adult	\$3.60

Extra Entrée	\$1.30
Extra Milk	\$0.40

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