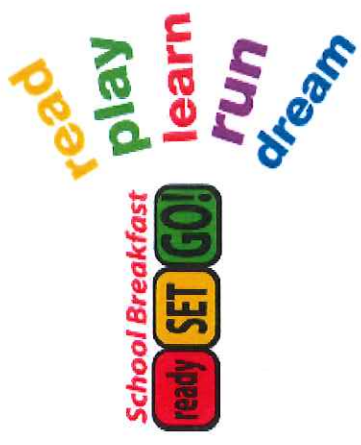


Harrisburg Elementary November Breakfast Menu



Monday	Tuesday	Wednesday	Thursday	Friday
 Cream Cheese Stuffed Bagels (2 items)	1 Scrambled Eggs Tri Tator (2 items)	2 Mini Pancakes (2 items) or Yogurt Smoothie (2 items)	3 Mini Donuts (2 items)	4 Fresh Baked Cinnamon Roll (2 items)
7	8 Dutch Waffle (2 items)	9 Biscuits & Gravy (2 items) or Yogurt Smoothie (2 items)	10 Fruit Strudel (2 items)	11  Cheese Omelet (2 items)
14 Breakfast Pizza (2 items)	15 Tiger Breakfast Sandwich (2 items)	16 Long John (2 items) or Yogurt Smoothie (2 items)	17 French Toast Sticks (2 items)	18 Fresh Baked Cinnamon Roll (2 items)
21 Waffles (2 items)	22 Breakfast Bites (2 items)	23 Biscuits & Gravy (2 items) or Yogurt Smoothie (2 items)		
28 Breakfast Pizza (2 items)	29 Fruit Strudel (2 items)	30 Cheese Omelet Toast (2 items) or Yogurt Smoothie (2 items)	 NOVEMBER IS NATIONAL DIABETES AWARENESS MONTH <small>"Finding the Cure Starts with Identifying the Cause"</small>	

- 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 November Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
 Sweet & Sassy BBQ Rib Sandwich ♦ or Italian Dunkers Sweet Potato Fries	Breakfast 4 Lunch Pancake or French Toast Sticks Sausage ♦ Tri Tator 8 Crisпитos or Pepperoni Pizza ♦ Cajun Red Beans ♦	Teriyaki Chicken Noodle Bowl or Hot Dog Stir Fry Vegetables 9 Chili ♦ & Cinnamon Roll or Chicken Nuggets Steamed Carrot Coins	Walking Tacos or Stuffed Crust Cheese Pizza Steamed Corn 10 Popcorn Chicken or Turkey Sub Sandwich Steamed Cauliflower	Pizza Cruncher or Chicken Burger Baked Beans 4
Breded Pork Chop ♦ or Mini Corn Dogs Mashed Potatoes & Gravy 14	Chicken Fajitas or Hot Ham and Cheese ♦ Refried Beans ♦ 15	Grilled Cheese & Tomato Soup or Breaded Chicken Sandwich Steamed Broccoli 16	Roast Turkey Mashed Potatoes & Gravy Stuffing Green Beans Pumpkin Fluff 17	Bean & Cheese Burrito or Hamburger French Fries 18
Sweet & Sour Chicken Rice or Ham Sub Sandwich ♦ Stir Fry Vegetables 21	Pulled Pork Sandwich ♦ or Pepperoni Stuffed Crust Pizza Sweet Potato Fries 22	Spaghetti & Meatsauce Breadstick or Chicken Strips Green Beans 23		
Meatball Sub Sandwich or Mini Corn Dogs Steamed Cauliflower 28	Nacho Grande or Breaded Chicken Sandwich Taco Fiesta Black Beans 29	Popcorn Chicken or Turkey Sub Sandwich Wedge Cut Fries 30	 NOVEMBER IS NATIONAL DIABETES AWARENESS MONTH <small>"Finding the Cure Starts with Identifying the Cause"</small>	

- 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 November Gluten Free Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
 Sweet & Sassy BBQ Rib Sandwich Sweet Potato Fries	1 Cheese Pizza Tri Tator	2 Sweet & Sour Chicken Noodle Bowl Stir Fry Vegetables	3 Walking Tacos Steamed Corn	4 Chicken Burger Baked Beans
7 Sweet & Sassy BBQ Rib Sandwich Sweet Potato Fries	8 Pepperoni Pizza Cajun Red Beans	9 Chicken Nuggets Steamed Carrot Coins	10 Turkey Sub Sandwich Steamed Cauliflower	11 Pulled Pork Sandwich Baked Beans
14 Ham Sub Sandwich Mashed Potatoes & Margarine	15 Hot Ham and Cheese Refried Beans	16 Chicken Burger Steamed Broccoli	17 Roast Turkey Mashed Potatoes & Margarine Green Beans Pumpkin Fluff	18 Hamburger French Fries
21 Sweet & Sour Chicken Rice Stir Fry Vegetables	22 Pulled Pork Sandwich Sweet Potato Fries	23 Spaghetti & Meatsauce Green Beans		
28 Cheese Pizza Steamed Cauliflower	29 Nacho Grande Taco Fiesta Black Beans	30 Turkey Sub Sandwich French Fries		

- 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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