

HARBORSIDE SEPTEMBER 4-8, 2017

	Monday	Tuesday	Wednesday	Thursday	Friday
Choose 1 Entrée Daily					
Entrees	Mini Corn Dogs	Chicken Nuggets w/ roll	Chicken Teriyaki w/Rice & Dinner Roll	Taco Bar (2 6 " tortillas or 32 chips, #10 scoop taco meat, 1/4 oz cheese)	Meatball Bomber
	Chicken Patty Sandwich	Hamburger	Garlic Cheese Bread	Mini Corn Dogs	Hamburger
	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls
	Sub Sandwich	Sub Sandwich	Sub Sandwich	Sub Sandwich	Sub Sandwich
	Wrap	Wrap	Wrap	Wrap	Wrap
	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait
	Nardones Buffalo Chix Pizza	Nardones Cheese Pizza	Nardones BBQ Chicken Pizza	Nardones Hawaiian Pizza	Mini Pizza Bagels

All Fruits & Veggies are 1/2 c. servings unless otherwise noted

Choose up to 2 Veggies plus 2 fruit daily. Tuesday & Friday you can choose 1 fruit and 1 juice instead of the 2 fruits.					
Sides	Corn	Tots	Roasted Potatoes	Refried Beans	Tots
	Side Salad	Side Salad	Side Salad	Side Salad	Side Salad
	Fresh Veggies	Fresh Veggies	Fresh Veggies	Fresh Veggies	Fresh Veggies
	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
	Canned Fruit	Canned Fruit	Canned Fruit	Canned Fruit	Canned Fruit

Milk	Choose 1 serving per day. Skim white milk, 1 % white milk or Skim Chocolate milk offered daily				
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Average Weekly Totals:

685.30 Kcal

8.00% Sat Fat

881.50 mg NA

HARBORSIDE SEPTEMBER 11-15, 2017

	Monday	Tuesday	Wednesday	Thursday	Friday
	Choose 1 Entrée Daily				
Entrees	Chipolte Chicken Sandwich	BBQ Pork Rib Sanwich	Pizza Dippers w/ Marinara	Chicken Egg Rolls	Turkey & Gravy w/Dinner Roll & Gripz
	Chicken Patty Sandwich	Hamburger	Garlic Cheese Bread	Mini Corn Dogs	Hamburger
	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls
	Sub Sandwich	Sub Sandwich	Sub Sandwich	Sub Sandwich	Sub Sandwich
	Wrap	Wrap	Wrap	Wrap	Wrap
	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait
	Nardones Buffalo Chix Pizza	Nardones Cheese Pizza	Nardones BBQ Chicken Pizza	Nardones Hawaiian Pizza	Chicken Nuggets w/Dinner Roll

All Fruits & Veggies are 1/2 c. servings unless otherwise noted

	Choose up to 2 Veggies plus 1 fruit daily. Choose up to 2 Veggies plus 1 Fruit & 1 Juice on Tues. & Friday				
Sides	Baked Beans	Roasted Potatoes	Side Salad	Side Salad	Mashed Potatoes
	Tots	Side Salad	Fresh Veggies	Fresh Veggies	Green Beans
	Side Salad	Fresh Veggies	Fresh Fruit	Fresh Fruit	Side Salad
	Fresh Veggies	Fresh Fruit	Canned Fruit	Canned Fruit	Fresh Veggies
	Fresh Fruit				Fresh Fruit
	Canned Fruit				Canned Fruit

Milk	Choose 1 serving per day. Skim white milk, 1 % white milk or Skim Chocolate milk offered daily				
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Average Weekly Totals:

679.04 Kcal
 8.00% Sat Fat
 1011.49 mg NA

HARBORSIDE SEPTEMBER 18-22, 2017

	Monday	Tuesday	Wednesday	Thursday	Friday
Choose 1 Entrée Daily					
Entrees	Hot Dog on a Bun	Macaroni & Cheese w/Dinner Roll	Orange Chicken w/Rice & Dinner Roll	Chicken & Mashed Potato Combo w/Dinner Roll	Quesadilla w/Salsa
	Chicken Patty Sandwich	Hamburger	Garlic Cheese Bread	Mini Corn Dogs	Hamburger
	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls
	Sub Sandwich	Sub Sandwich	Sub Sandwich	Sub Sandwich	Sub Sandwich
	Wrap	Wrap	Wrap	Wrap	Wrap
	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait
	Nardones Buffalo Chix Pizza	Nardones Cheese Pizza	Nardones BBQ Chicken Pizza	Nardones Hawaiian Pizza	Chicken Nuggets w/Dinner Roll

All Fruits & Veggies are 1/2 c. servings unless otherwise noted

	Choose up to 2 Veggies plus 1 fruit daily. Choose up to 2 Veggies plus 1 Fruit & 1 Juice on Tues. & Friday				
Sides	Tots	Roasted Potatoes	Bean Salad	Canned Fruit	Green Beans
	Side Salad	Side Salad	Side Salad	Corn	Side Salad
	Fresh Veggies	Fresh Veggies	Fresh Veggies	Mashed Potatoes	Fresh Veggies
	Fresh Fruit	Fresh Fruit	Fresh Fruit	Side Salad	Fresh Fruit
	Canned Fruit	Canned Fruit	Canned Fruit	Fresh Veggies	Fresh Fruit
				Fresh Fruit	Canned Fruit

Milk	Choose 1 serving per day. Skim white milk, 1 % white milk or Skim Chocolate milk offered daily
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HARBORSIDE SEPTEMBER 25-29, 2017

	Monday	Tuesday	Wednesday	Thursday	Friday
Choose 1 Entrée Daily					
Entrees	Mini Corn Dogs	Chicken Nuggets w/ roll	Chicken Teriyaki w/Rice & Dinner Roll	Taco Bar (2 6 " tortillas or 32 chips, #10 scoop taco meat, 1/4 oz cheese)	Meatball Bomber
	Chicken Patty Sandwich	Hamburger	Garlic Cheese Bread	Mini Corn Dogs	Hamburger
	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls
	Sub Sandwich	Sub Sandwich	Sub Sandwich	Sub Sandwich	Sub Sandwich
	Wrap	Wrap	Wrap	Wrap	Wrap
	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait
	Nardones Buffalo Chix Pizza	Nardones Cheese Pizza	Nardones BBQ Chicken Pizza	Nardones Hawaiian Pizza	Mini Pizza Bagels

All Fruits & Veggies are 1/2 c. servings unless otherwise noted

Choose up to 2 Veggies plus 2 fruit daily. Tuesday & Friday you can choose 1 fruit and 1 juice instead of the 2 fruits.					
Sides	Corn	Tots	Roasted Potatoes	Refried Beans	Tots
	Side Salad	Side Salad	Side Salad	Side Salad	Side Salad
	Fresh Veggies	Fresh Veggies	Fresh Veggies	Fresh Veggies	Fresh Veggies
	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
	Canned Fruit	Canned Fruit	Canned Fruit	Canned Fruit	Canned Fruit

Milk	Choose 1 serving per day. Skim white milk, 1 % white milk or Skim Chocolate milk offered daily				

Average Weekly Totals:

685.30 Kcal

8.00% Sat Fat

881.50 mg NA

HARBORSIDE OCTOBER 2-6, 2017

	Monday	Tuesday	Wednesday	Thursday	Friday
	Choose 1 Entrée Daily				
Entrees	Chipolte Chicken Sandwich	BBQ Pork Rib Sanwich	Pizza Dippers w/ Marinara	Chicken Egg Rolls	Turkey & Gravy w/Dinner Roll & Gripz
	Chicken Patty Sandwich	Hamburger	Garlic Cheese Bread	Mini Corn Dogs	Hamburger
	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls
	Sub Sandwich	Sub Sandwich	Sub Sandwich	Sub Sandwich	Sub Sandwich
	Wrap	Wrap	Wrap	Wrap	Wrap
	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait
	Nardones Buffalo Chix Pizza	Nardones Cheese Pizza	Nardones BBQ Chicken Pizza	Nardones Hawaiian Pizza	Chicken Nuggets w/Dinner Roll

All Fruits & Veggies are 1/2 c. servings unless otherwise noted

	Choose up to 2 Veggies plus 1 fruit daily. Choose up to 2 Veggies plus 1 Fruit & 1 Juice on Tues. & Friday				
Sides	Baked Beans	Roasted Potatoes			Mashed Potatoes
	Tots	Side Salad	Side Salad	Side Salad	Green Beans
	Side Salad	Fresh Veggies	Fresh Veggies	Fresh Veggies	Side Salad
	Fresh Veggies	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Veggies
	Fresh Fruit	Canned Fruit	Canned Fruit	Canned Fruit	Fresh Fruit
	Canned Fruit				Canned Fruit

Milk	Choose 1 serving per day. Skim white milk, 1 % white milk or Skim Chocolate milk offered daily				
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Average Weekly Totals:

679.04 Kcal
 8.00% Sat Fat
 1011.49 mg NA

HARBORSIDE OCTOBER 9-13, 2017

	Monday	Tuesday	Wednesday	Thursday	Friday
	Choose 1 Entrée Daily				
Entrees	Hot Dog on a Bun	Macaroni & Cheese w/Dinner Roll	Orange Chicken w/Rice & Dinner Roll	Chicken & Mashed Potato Combo w/Dinner Roll	No Students Report
	Chicken Patty Sandwich	Hamburger	Garlic Cheese Bread	Mini Corn Dogs	
	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls	
	Sub Sandwich	Sub Sandwich	Sub Sandwich	Sub Sandwich	
	Wrap	Wrap	Wrap	Wrap	
	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	
	Nardones Buffalo Chix Pizza	Nardones Cheese Pizza	Nardones BBQ Chicken Pizza	Nardones Hawaiian Pizza	

All Fruits & Veggies are 1/2 c. servings unless otherwise noted

	Choose up to 2 Veggies plus 1 fruit daily. Choose up to 2 Veggies plus 1 Fruit & 1 Juice on Tues. & Friday				
Sides	Tots	Roasted Potatoes	Bean Salad	Canned Fruit	Green Beans
	Side Salad	Side Salad	Side Salad	Corn	Side Salad
	Fresh Veggies	Fresh Veggies	Fresh Veggies	Mashed Potatoes	Fresh Veggies
	Fresh Fruit	Fresh Fruit	Fresh Fruit	Side Salad	Fresh Fruit
	Canned Fruit	Canned Fruit	Canned Fruit	Fresh Veggies	Fresh Fruit
				Fresh Fruit	Canned Fruit

Milk	Choose 1 serving per day. Skim white milk, 1 % white milk or Skim Chocolate milk offered daily
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Average Weekly Totals:

689.65 Kcal

8.00% Sat Fat

920.44 mg NA

HARBORSIDE OCTOBER 16-20, 2017

	Monday	Tuesday	Wednesday	Thursday	Friday
Choose 1 Entrée Daily					
Entrees	Mini Corn Dogs	Chicken Nuggets w/ roll	Chicken Teriyaki w/Rice & Dinner Roll	Taco Bar (2 6 " tortillas or 32 chips, #10 scoop taco meat, 1/4 oz cheese)	Meatball Bomber
	Chicken Patty Sandwich	Hamburger	Garlic Cheese Bread	Mini Corn Dogs	Hamburger
	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls
	Sub Sandwich	Sub Sandwich	Sub Sandwich	Sub Sandwich	Sub Sandwich
	Wrap	Wrap	Wrap	Wrap	Wrap
	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait
	Nardones Buffalo Chix Pizza	Nardones Cheese Pizza	Nardones BBQ Chicken Pizza	Nardones Hawaiian Pizza	Mini Pizza Bagels

All Fruits & Veggies are 1/2 c. servings unless otherwise noted

Choose up to 2 Veggies plus 2 fruit daily. Tuesday & Friday you can choose 1 fruit and 1 juice instead of the 2 fruits.					
Sides	Corn	Tots	Roasted Potatoes	Refried Beans	Tots
	Side Salad	Side Salad	Side Salad	Side Salad	Side Salad
	Fresh Veggies	Fresh Veggies	Fresh Veggies	Fresh Veggies	Fresh Veggies
	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
	Canned Fruit	Canned Fruit	Canned Fruit	Canned Fruit	Canned Fruit

Milk	Choose 1 serving per day. Skim white milk, 1 % white milk or Skim Chocolate milk offered daily				

Average Weekly Totals:

685.30 Kcal

8.00% Sat Fat

881.50 mg NA

HARBORSIDE OCTOBER 23-27, 2017

	Monday	Tuesday	Wednesday	Thursday	Friday
	Choose 1 Entrée Daily				
Entrees	Chipolte Chicken Sandwich	BBQ Pork Rib Sanwich	Pizza Dippers w/ Marinara	Chicken Egg Rolls	Turkey & Gravy w/Dinner Roll & Gripz
	Chicken Patty Sandwich	Hamburger	Garlic Cheese Bread	Mini Corn Dogs	Hamburger
	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls
	Sub Sandwich	Sub Sandwich	Sub Sandwich	Sub Sandwich	Sub Sandwich
	Wrap	Wrap	Wrap	Wrap	Wrap
	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait
	Nardones Buffalo Chix Pizza	Nardones Cheese Pizza	Nardones BBQ Chicken Pizza	Nardones Hawaiian Pizza	Chicken Nuggets w/Dinner Roll

All Fruits & Veggies are 1/2 c. servings unless otherwise noted

	Choose up to 2 Veggies plus 1 fruit daily. Choose up to 2 Veggies plus 1 Fruit & 1 Juice on Tues. & Friday				
Sides	Baked Beans	Roasted Potatoes	Side Salad	Side Salad	Mashed Potatoes
	Tots	Side Salad	Fresh Veggies	Fresh Veggies	Green Beans
	Side Salad	Fresh Veggies	Fresh Fruit	Fresh Fruit	Side Salad
	Fresh Veggies	Fresh Fruit	Canned Fruit	Fresh Fruit	Fresh Veggies
	Fresh Fruit	Canned Fruit		Canned Fruit	Fresh Fruit
	Canned Fruit				Canned Fruit

Milk	Choose 1 serving per day. Skim white milk, 1 % white milk or Skim Chocolate milk offered daily				
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Average Weekly Totals:

679.04 Kcal
 8.00% Sat Fat
 1011.49 mg NA

HARBORSIDE OCTOBER 30-NOVEMBER 3, 2017

	Monday	Tuesday	Wednesday	Thursday	Friday
Choose 1 Entrée Daily					
Entrees	Hot Dog on a Bun	Macaroni & Cheese w/Dinner Roll	Orange Chicken w/Rice & Dinner Roll	Chicken & Mashed Potato Combo w/Dinner Roll	No Students Report
	Chicken Patty Sandwich	Hamburger	Garlic Cheese Bread	Mini Corn Dogs	
	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls	
	Sub Sandwich	Sub Sandwich	Sub Sandwich	Sub Sandwich	
	Wrap	Wrap	Wrap	Wrap	
	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	
	Nardones Buffalo Chix Pizza	Nardones Cheese Pizza	Nardones BBQ Chicken Pizza	Nardones Hawaiian Pizza	
<i>All Fruits & Veggies are 1/2 c. servings unless otherwise noted</i>					
Choose up to 2 Veggies plus 1 fruit daily. Choose up to 2 Veggies plus 1 Fruit & 1 Juice on Tues. & Friday					
Sides	Tots	Roasted Potatoes	Bean Salad	Canned Fruit	Green Beans
	Side Salad	Side Salad	Side Salad	Corn	Side Salad
	Fresh Veggies	Fresh Veggies	Fresh Veggies	Mashed Potatoes	Fresh Veggies
	Fresh Fruit	Fresh Fruit	Fresh Fruit	Side Salad	Fresh Fruit
	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Veggies	Fresh Fruit
	Canned Fruit	Canned Fruit	Canned Fruit	Fresh Fruit	Canned Fruit
Milk	Choose 1 serving per day. Skim white milk, 1 % white milk or Skim Chocolate milk offered daily				

Average Weekly Totals:

689.65 Kcal

8.00% Sat Fat

920.44 mg NA

HARBORSIDE NOVEMBER 6-10, 2017

	Monday	Tuesday	Wednesday	Thursday	Friday
Choose 1 Entrée Daily					
Entrees	Mini Corn Dogs	Chicken Nuggets w/ roll	Chicken Teriyaki w/Rice & Dinner Roll	Taco Bar (2 6 " tortillas or 32 chips, #10 scoop taco meat, 1/4 oz cheese)	No Students Report
	Chicken Patty Sandwich	Hamburger	Garlic Cheese Bread	Mini Corn Dogs	
	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls	
	Sub Sandwich	Sub Sandwich	Sub Sandwich	Sub Sandwich	
	Wrap	Wrap	Wrap	Wrap	
	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	
	Nardones Buffalo Chix Pizza	Nardones Cheese Pizza	Nardones BBQ Chicken Pizza	Nardones Hawaiian Pizza	

All Fruits & Veggies are 1/2 c. servings unless otherwise noted

Choose up to 2 Veggies plus 2 fruit daily. Tuesday & Friday you can choose 1 fruit and 1 juice instead of the 2 fruits.					
Sides	Corn	Tots	Roasted Potatoes	Refried Beans	Tots
	Side Salad	Side Salad	Side Salad	Side Salad	Side Salad
	Fresh Veggies	Fresh Veggies	Fresh Veggies	Fresh Veggies	Fresh Veggies
	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
	Canned Fruit	Canned Fruit	Canned Fruit	Canned Fruit	Canned Fruit

Milk	Choose 1 serving per day. Skim white milk, 1 % white milk or Skim Chocolate milk offered daily				
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Average Weekly Totals:

685.30 Kcal

8.00% Sat Fat

881.50 mg NA

HARBORSIDE NOVEMBER 13-17, 2017

	Monday	Tuesday	Wednesday	Thursday	Friday
	Choose 1 Entrée Daily				
Entrees	Chipolte Chicken Sandwich	BBQ Pork Rib Sanwich	Pizza Dippers w/ Marinara	Chicken Egg Rolls	Turkey & Gravy w/Dinner Roll & Gripz
	Chicken Patty Sandwich	Hamburger	Garlic Cheese Bread	Mini Corn Dogs	Hamburger
	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls
	Sub Sandwich	Sub Sandwich	Sub Sandwich	Sub Sandwich	Sub Sandwich
	Wrap	Wrap	Wrap	Wrap	Wrap
	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait
	Nardones Buffalo Chix Pizza	Nardones Cheese Pizza	Nardones BBQ Chicken Pizza	Nardones Hawaiian Pizza	Chicken Nuggets w/Dinner Roll

All Fruits & Veggies are 1/2 c. servings unless otherwise noted

	Choose up to 2 Veggies plus 1 fruit daily. Choose up to 2 Veggies plus 1 Fruit & 1 Juice on Tues. & Friday				
Sides	Baked Beans	Roasted Potatoes			Mashed Potatoes
	Tots	Side Salad	Side Salad	Side Salad	Green Beans
	Side Salad	Fresh Veggies	Fresh Veggies	Fresh Veggies	Side Salad
	Fresh Veggies	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Veggies
	Fresh Fruit	Canned Fruit	Canned Fruit	Canned Fruit	Fresh Fruit
	Canned Fruit				Canned Fruit

Milk	Choose 1 serving per day. Skim white milk, 1 % white milk or Skim Chocolate milk offered daily				
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Average Weekly Totals:

679.04 Kcal
 8.00% Sat Fat
 1011.49 mg NA

HARBORSIDE NOVEMBER 20-24, 2017

	Monday	Tuesday	Wednesday	Thursday	Friday
Choose 1 Entrée Daily					
Entrees	Hot Dog on a Bun	Macaroni & Cheese w/Dinner Roll	1/2 Day For Students	Thanksgiving	Thanksgiving
	Chicken Patty Sandwich	Hamburger	No Lunches Served		
	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls			
	Sub Sandwich	Sub Sandwich			
	Wrap	Wrap			
	Yogurt Parfait	Yogurt Parfait			
	Nardones Buffalo Chix Pizza	Nardones Cheese Pizza			

All Fruits & Veggies are 1/2 c. servings unless otherwise noted

	Choose up to 2 Veggies plus 1 fruit daily. Choose up to 2 Veggies plus 1 Fruit & 1 Juice on Tues. & Friday				
Sides	Tots	Roasted Potatoes	Bean Salad	Canned Fruit	Green Beans
	Side Salad	Side Salad	Side Salad	Corn	Side Salad
	Fresh Veggies	Fresh Veggies	Fresh Veggies	Mashed Potatoes	Fresh Veggies
	Fresh Fruit	Fresh Fruit	Fresh Fruit	Side Salad	Fresh Fruit
	Canned Fruit	Canned Fruit	Canned Fruit	Fresh Veggies	Fresh Fruit
				Fresh Fruit	Canned Fruit

Milk	Choose 1 serving per day. Skim white milk, 1 % white milk or Skim Chocolate milk offered daily
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Average Weekly Totals:

689.65 Kcal

8.00% Sat Fat

920.44 mg NA

HARBORSIDE NOVEMBER 27-DECEMBER 1, 2017

	Monday	Tuesday	Wednesday	Thursday	Friday
Choose 1 Entrée Daily					
Entrees	Mini Corn Dogs	Chicken Nuggets w/ roll	Chicken Teriyaki w/Rice & Dinner Roll	Taco Bar (2 6 " tortillas or 32 chips, #10 scoop taco meat, 1/4 oz cheese)	Meatball Bomber
	Chicken Patty Sandwich	Hamburger	Garlic Cheese Bread	Mini Corn Dogs	Hamburger
	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls
	Sub Sandwich	Sub Sandwich	Sub Sandwich	Sub Sandwich	Sub Sandwich
	Wrap	Wrap	Wrap	Wrap	Wrap
	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait
	Nardones Buffalo Chix Pizza	Nardones Cheese Pizza	Nardones BBQ Chicken Pizza	Nardones Hawaiian Pizza	Mini Pizza Bagels

All Fruits & Veggies are 1/2 c. servings unless otherwise noted

Choose up to 2 Veggies plus 2 fruit daily. Tuesday & Friday you can choose 1 fruit and 1 juice instead of the 2 fruits.					
Sides	Corn	Tots	Roasted Potatoes	Refried Beans	Tots
	Side Salad	Side Salad	Side Salad	Side Salad	Side Salad
	Fresh Veggies	Fresh Veggies	Fresh Veggies	Fresh Veggies	Fresh Veggies
	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
	Canned Fruit	Canned Fruit	Canned Fruit	Canned Fruit	Canned Fruit

Milk	Choose 1 serving per day. Skim white milk, 1 % white milk or Skim Chocolate milk offered daily				

Average Weekly Totals:

685.30 Kcal

8.00% Sat Fat

881.50 mg NA

WK 2

HARBORSIDE DECEMBER 4-8, 2017

	Monday	Tuesday	Wednesday	Thursday	Friday
	Choose 1 Entrée Daily				
Entrees	Chipolte Chicken Sandwich	BBQ Pork Rib Sanwich	Pizza Dippers w/ Marinara	Chicken Egg Rolls	Turkey & Gravy w/Dinner Roll & Gripz
	Chicken Patty Sandwich	Hamburger	Garlic Cheese Bread	Mini Corn Dogs	Hamburger
	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls
	Sub Sandwich	Sub Sandwich	Sub Sandwich	Sub Sandwich	Sub Sandwich
	Wrap	Wrap	Wrap	Wrap	Wrap
	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait
	Nardones Buffalo Chix Pizza	Nardones Cheese Pizza	Nardones BBQ Chicken Pizza	Nardones Hawaiian Pizza	Chicken Nuggets w/Dinner Roll

All Fruits & Veggies are 1/2 c. servings unless otherwise noted

	Choose up to 2 Veggies plus 1 fruit daily. Choose up to 2 Veggies plus 1 Fruit & 1 Juice on Tues. & Friday				
Sides	Baked Beans	Roasted Potatoes	Side Salad	Side Salad	Mashed Potatoes
	Tots	Side Salad	Fresh Veggies	Fresh Veggies	Green Beans
	Side Salad	Fresh Veggies	Fresh Fruit	Fresh Fruit	Side Salad
	Fresh Veggies	Fresh Fruit	Canned Fruit	Canned Fruit	Fresh Veggies
	Fresh Fruit				Fresh Fruit
	Canned Fruit				Canned Fruit

Milk	Choose 1 serving per day. Skim white milk, 1 % white milk or Skim Chocolate milk offered daily				
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Harborside

This institution is an equal opportunity provider.

Menu Subject to Change

Average Weekly Totals:

679.04 Kcal

8.00% Sat Fat

1011.49 mg NA

HARBORSIDE DECEMBER 11-15, 2017

	Monday	Tuesday	Wednesday	Thursday	Friday
Choose 1 Entrée Daily					
Entrees	Hot Dog on a Bun	Macaroni & Cheese w/Dinner Roll	Orange Chicken w/Rice & Dinner Roll	Chicken & Mashed Potato Combo w/Dinner Roll	Quesadilla w/Salsa
	Chicken Patty Sandwich	Hamburger	Garlic Cheese Bread	Mini Corn Dogs	Hamburger
	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls
	Sub Sandwich	Sub Sandwich	Sub Sandwich	Sub Sandwich	Sub Sandwich
	Wrap	Wrap	Wrap	Wrap	Wrap
	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait
	Nardones Buffalo Chix Pizza	Nardones Cheese Pizza	Nardones BBQ Chicken Pizza	Nardones Hawaiian Pizza	Chicken Nuggets w/Dinner Roll

All Fruits & Veggies are 1/2 c. servings unless otherwise noted

	Choose up to 2 Veggies plus 1 fruit daily. Choose up to 2 Veggies plus 1 Fruit & 1 Juice on Tues. & Friday				
Sides	Tots	Roasted Potatoes	Bean Salad	Canned Fruit	Green Beans
	Side Salad	Side Salad	Side Salad	Corn	Side Salad
	Fresh Veggies	Fresh Veggies	Fresh Veggies	Mashed Potatoes	Fresh Veggies
	Fresh Fruit	Fresh Fruit	Fresh Fruit	Side Salad	Fresh Fruit
	Canned Fruit	Canned Fruit	Canned Fruit	Fresh Veggies	Fresh Fruit
				Fresh Fruit	Canned Fruit

Milk	Choose 1 serving per day. Skim white milk, 1 % white milk or Skim Chocolate milk offered daily
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HARBORSIDE DECEMBER 18-22, 2017

	Monday	Tuesday	Wednesday	Thursday	Friday
	Choose 1 Entrée Daily				
Entrees	Mini Corn Dogs	Chicken Nuggets w/ roll	DISTRICT CLOSED Winter Break Dec. 20 through Jan. 2		DISTRICT CLOSED Winter Break Dec. 20 through Jan. 2
	Chicken Patty Sandwich	Hamburger			
	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls			
	Sub Sandwich	Sub Sandwich			
	Wrap	Wrap			
	Yogurt Parfait	Yogurt Parfait			
	Nardones Buffalo Chix Pizza	Nardones Cheese Pizza			

All Fruits & Veggies are 1/2 c. servings unless otherwise noted

	Choose up to 2 Veggies plus 2 fruit daily. Tuesday & Friday you can choose 1 fruit and 1 juice instead of the 2 fruits.				
Sides	Corn	Tots	Roasted Potatoes	Refried Beans	Tots
	Side Salad	Side Salad	Side Salad	Side Salad	Side Salad
	Fresh Veggies	Fresh Veggies	Fresh Veggies	Fresh Veggies	Fresh Veggies
	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
	Canned Fruit	Canned Fruit	Canned Fruit	Canned Fruit	Canned Fruit

Milk	Choose 1 serving per day. Skim white milk, 1 % white milk or Skim Chocolate milk offered daily				

Average Weekly Totals:

685.30 Kcal

8.00% Sat Fat

881.50 mg NA

WK 2

HARBORSIDE JANUARY 1-5, 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
	Choose 1 Entrée Daily				
Entrees	Chipolte Chicken Sandwich	BBQ Pork Rib Sanwich	Pizza Dippers w/ Marinara	Chicken Egg Rolls	Turkey & Gravy w/Dinner Roll & Gripz
	Chicken Patty Sandwich	Hamburger	Garlic Cheese Bread	Mini Corn Dogs	Hamburger
	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls
	Sub Sandwich	Sub Sandwich	Sub Sandwich	Sub Sandwich	Sub Sandwich
	Wrap	Wrap	Wrap	Wrap	Wrap
	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait
	Nardones Buffalo Chix Pizza	Nardones Cheese Pizza	Nardones BBQ Chicken Pizza	Nardones Hawaiian Pizza	Chicken Nuggets w/Dinner Roll

All Fruits & Veggies are 1/2 c. servings unless otherwise noted

	Choose up to 2 Veggies plus 1 fruit daily. Choose up to 2 Veggies plus 1 Fruit & 1 Juice on Tues. & Friday				
Sides	Baked Beans	Roasted Potatoes	Side Salad	Side Salad	Mashed Potatoes
	Tots	Side Salad	Fresh Veggies	Fresh Veggies	Green Beans
	Side Salad	Fresh Veggies	Fresh Fruit	Fresh Fruit	Side Salad
	Fresh Veggies	Fresh Fruit	Canned Fruit	Fresh Fruit	Fresh Veggies
	Fresh Fruit	Canned Fruit		Canned Fruit	Fresh Fruit
	Canned Fruit				Canned Fruit

Milk	Choose 1 serving per day. Skim white milk, 1 % white milk or Skim Chocolate milk offered daily				
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Harborside

This institution is an equal opportunity provider.

Menu Subject to Change

Average Weekly Totals:

679.04 Kcal

8.00% Sat Fat

1011.49 mg NA

HARBORSIDE JANUARY 8-12, 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
Choose 1 Entrée Daily					
Entrees	Hot Dog on a Bun	Harborside Only No Students Report	Orange Chicken w/Rice & Dinner Roll	Chicken & Mashed Potato Combo w/Dinner Roll	Quesadilla w/Salsa
	Chicken Patty Sandwich		Garlic Cheese Bread	Mini Corn Dogs	Hamburger
	Large Salad w/2 Dinner Rolls		Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls
	Sub Sandwich		Sub Sandwich	Sub Sandwich	Sub Sandwich
	Wrap		Wrap	Wrap	Wrap
	Yogurt Parfait		Yogurt Parfait	Yogurt Parfait	Yogurt Parfait
	Nardones Buffalo Chix Pizza		Nardones BBQ Chicken Pizza	Nardones Hawaiian Pizza	Chicken Nuggets w/Dinner Roll

All Fruits & Veggies are 1/2 c. servings unless otherwise noted

	Choose up to 2 Veggies plus 1 fruit daily. Choose up to 2 Veggies plus 1 Fruit & 1 Juice on Tues. & Friday				
Sides	Tots	Roasted Potatoes	Bean Salad	Canned Fruit	Green Beans
	Side Salad	Side Salad	Side Salad	Corn	Side Salad
	Fresh Veggies	Fresh Veggies	Fresh Veggies	Mashed Potatoes	Fresh Veggies
	Fresh Fruit	Fresh Fruit	Fresh Fruit	Side Salad	Fresh Fruit
	Canned Fruit	Canned Fruit	Canned Fruit	Fresh Veggies	Fresh Fruit
				Fresh Fruit	Canned Fruit

Milk	Choose 1 serving per day. Skim white milk, 1 % white milk or Skim Chocolate milk offered daily
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Average Weekly Totals:

689.65 Kcal
 8.00% Sat Fat
 920.44 mg NA

HARBORSIDE JANUARY 15-19, 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
Choose 1 Entrée Daily					
Entrees	District Closed Dr. Martin Luther King Jr. Day	Chicken Nuggets w/ roll	Chicken Teriyaki w/Rice & Dinner Roll	Harborside Only No Students Report	No Students Report
		Hamburger	Garlic Cheese Bread		
		Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls		
		Sub Sandwich	Sub Sandwich		
		Wrap	Wrap		
		Yogurt Parfait	Yogurt Parfait		
		Nardones Cheese Pizza	Nardones BBQ Chicken Pizza		

All Fruits & Veggies are 1/2 c. servings unless otherwise noted

	Choose up to 2 Veggies plus 2 fruit daily. Tuesday & Friday you can choose 1 fruit and 1 juice instead of the 2 fruits.				
Sides	Corn	Tots	Roasted Potatoes	Refried Beans	Tots
	Side Salad	Side Salad	Side Salad	Side Salad	Side Salad
	Fresh Veggies	Fresh Veggies	Fresh Veggies	Fresh Veggies	Fresh Veggies
	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
	Canned Fruit	Canned Fruit	Canned Fruit	Canned Fruit	Canned Fruit

Milk	Choose 1 serving per day. Skim white milk, 1 % white milk or Skim Chocolate milk offered daily				

HARBORSIDE

This institution is an equal opportunity provider.

Menu Subject to Change

Average Weekly Totals:

685.30 Kcal

8.00% Sat Fat

881.50 mg NA

HARBORSIDE JANUARY 22-26, 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
	Choose 1 Entrée Daily				
Entrees	Chipolte Chicken Sandwich	BBQ Pork Rib Sanwich	Pizza Dippers w/ Marinara	Chicken Egg Rolls	Turkey & Gravy w/Dinner Roll & Gripz
	Chicken Patty Sandwich	Hamburger	Garlic Cheese Bread	Mini Corn Dogs	Hamburger
	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls
	Sub Sandwich	Sub Sandwich	Sub Sandwich	Sub Sandwich	Sub Sandwich
	Wrap	Wrap	Wrap	Wrap	Wrap
	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait
	Nardones Buffalo Chix Pizza	Nardones Cheese Pizza	Nardones BBQ Chicken Pizza	Nardones Hawaiian Pizza	Chicken Nuggets w/Dinner Roll

All Fruits & Veggies are 1/2 c. servings unless otherwise noted

	Choose up to 2 Veggies plus 1 fruit daily. Choose up to 2 Veggies plus 1 Fruit & 1 Juice on Tues. & Friday				
Sides	Baked Beans	Roasted Potatoes	Side Salad	Side Salad	Mashed Potatoes
	Tots	Side Salad	Fresh Veggies	Fresh Veggies	Green Beans
	Side Salad	Fresh Veggies	Fresh Fruit	Fresh Fruit	Side Salad
	Fresh Veggies	Fresh Fruit	Canned Fruit	Canned Fruit	Fresh Veggies
	Fresh Fruit				Fresh Fruit
	Canned Fruit				Canned Fruit

Milk	Choose 1 serving per day. Skim white milk, 1 % white milk or Skim Chocolate milk offered daily				
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Average Weekly Totals:

679.04 Kcal
 8.00% Sat Fat
 1011.49 mg NA

HARBORSIDE JANUARY 29-FEBRUARY 2, 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
Choose 1 Entrée Daily					
Entrees	Hot Dog on a Bun	Macaroni & Cheese w/Dinner Roll	Orange Chicken w/Rice & Dinner Roll	Chicken & Mashed Potato Combo w/Dinner Roll	Quesadilla w/Salsa
	Chicken Patty Sandwich	Hamburger	Garlic Cheese Bread	Mini Corn Dogs	Hamburger
	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls
	Sub Sandwich	Sub Sandwich	Sub Sandwich	Sub Sandwich	Sub Sandwich
	Wrap	Wrap	Wrap	Wrap	Wrap
	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait
	Nardones Buffalo Chix Pizza	Nardones Cheese Pizza	Nardones BBQ Chicken Pizza	Nardones Hawaiian Pizza	Chicken Nuggets w/Dinner Roll

All Fruits & Veggies are 1/2 c. servings unless otherwise noted

	Choose up to 2 Veggies plus 1 fruit daily. Choose up to 2 Veggies plus 1 Fruit & 1 Juice on Tues. & Friday				
Sides	Tots	Roasted Potatoes	Bean Salad	Canned Fruit	Green Beans
	Side Salad	Side Salad	Side Salad	Corn	Side Salad
	Fresh Veggies	Fresh Veggies	Fresh Veggies	Mashed Potatoes	Fresh Veggies
	Fresh Fruit	Fresh Fruit	Fresh Fruit	Side Salad	Fresh Fruit
	Canned Fruit	Canned Fruit	Canned Fruit	Fresh Veggies	Fresh Fruit
				Fresh Fruit	Canned Fruit

Milk	Choose 1 serving per day. Skim white milk, 1 % white milk or Skim Chocolate milk offered daily
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HARBORSIDE FEBRUARY 5-9, 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
Choose 1 Entrée Daily					
Entrees	Mini Corn Dogs	Chicken Nuggets w/ roll	Chicken Teriyaki w/Rice & Dinner Roll	Taco Bar (2 6 " tortillas or 32 chips, #10 scoop taco meat, 1/4 oz cheese)	Meatball Bomber
	Chicken Patty Sandwich	Hamburger	Garlic Cheese Bread	Mini Corn Dogs	Hamburger
	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls
	Sub Sandwich	Sub Sandwich	Sub Sandwich	Sub Sandwich	Sub Sandwich
	Wrap	Wrap	Wrap	Wrap	Wrap
	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait
	Nardones Buffalo Chix Pizza	Nardones Cheese Pizza	Nardones BBQ Chicken Pizza	Nardones Hawaiian Pizza	Mini Pizza Bagels

All Fruits & Veggies are 1/2 c. servings unless otherwise noted

Choose up to 2 Veggies plus 2 fruit daily. Tuesday & Friday you can choose 1 fruit and 1 juice instead of the 2 fruits.					
Sides	Corn	Tots	Roasted Potatoes	Refried Beans	Tots
	Side Salad	Side Salad	Side Salad	Side Salad	Side Salad
	Fresh Veggies	Fresh Veggies	Fresh Veggies	Fresh Veggies	Fresh Veggies
	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
	Canned Fruit	Canned Fruit	Canned Fruit	Canned Fruit	Canned Fruit

Milk	Choose 1 serving per day. Skim white milk, 1 % white milk or Skim Chocolate milk offered daily				
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Average Weekly Totals:

685.30 Kcal

8.00% Sat Fat

881.50 mg NA

WK 2

HARBORSIDE FEBRUARY 12-16, 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
	Choose 1 Entrée Daily				
Entrees	Chipolte Chicken Sandwich	BBQ Pork Rib Sanwich	Pizza Dippers w/ Marinara	Chicken Egg Rolls	Turkey & Gravy w/Dinner Roll & Gripz
	Chicken Patty Sandwich	Hamburger	Garlic Cheese Bread	Mini Corn Dogs	Hamburger
	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls
	Sub Sandwich	Sub Sandwich	Sub Sandwich	Sub Sandwich	Sub Sandwich
	Wrap	Wrap	Wrap	Wrap	Wrap
	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait
	Nardones Buffalo Chix Pizza	Nardones Cheese Pizza	Nardones BBQ Chicken Pizza	Nardones Hawaiian Pizza	Chicken Nuggets w/Dinner Roll

All Fruits & Veggies are 1/2 c. servings unless otherwise noted

	Choose up to 2 Veggies plus 1 fruit daily. Choose up to 2 Veggies plus 1 Fruit & 1 Juice on Tues. & Friday				
Sides	Baked Beans	Roasted Potatoes			Mashed Potatoes
	Tots	Side Salad	Side Salad	Side Salad	Green Beans
	Side Salad	Fresh Veggies	Fresh Veggies	Fresh Veggies	Side Salad
	Fresh Veggies	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Veggies
	Fresh Fruit	Canned Fruit	Canned Fruit	Canned Fruit	Fresh Fruit
	Canned Fruit				Canned Fruit

Milk	Choose 1 serving per day. Skim white milk, 1 % white milk or Skim Chocolate milk offered daily				
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Harborside

This institution is an equal opportunity provider.

Menu Subject to Change

Average Weekly Totals:

679.04 Kcal

8.00% Sat Fat

1011.49 mg NA

HARBORSIDE FEBRUARY 19-23, 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
	Choose 1 Entrée Daily				
Entrees	Hot Dog on a Bun	Macaroni & Cheese w/Dinner Roll	Orange Chicken w/Rice & Dinner Roll	Chicken & Mashed Potato Combo w/Dinner Roll	No Students Report
	Chicken Patty Sandwich	Hamburger	Garlic Cheese Bread	Mini Corn Dogs	
	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls	
	Sub Sandwich	Sub Sandwich	Sub Sandwich	Sub Sandwich	
	Wrap	Wrap	Wrap	Wrap	
	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	
	Nardones Buffalo Chix Pizza	Nardones Cheese Pizza	Nardones BBQ Chicken Pizza	Nardones Hawaiian Pizza	

All Fruits & Veggies are 1/2 c. servings unless otherwise noted

	Choose up to 2 Veggies plus 1 fruit daily. Choose up to 2 Veggies plus 1 Fruit & 1 Juice on Tues. & Friday				
Sides	Tots	Roasted Potatoes	Bean Salad	Canned Fruit	Green Beans
	Side Salad	Side Salad	Side Salad	Corn	Side Salad
	Fresh Veggies	Fresh Veggies	Fresh Veggies	Mashed Potatoes	Fresh Veggies
	Fresh Fruit	Fresh Fruit	Fresh Fruit	Side Salad	Fresh Fruit
	Canned Fruit	Canned Fruit	Canned Fruit	Fresh Veggies	Fresh Fruit
				Fresh Fruit	Canned Fruit

Milk	Choose 1 serving per day. Skim white milk, 1 % white milk or Skim Chocolate milk offered daily
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Average Weekly Totals:

689.65 Kcal

8.00% Sat Fat

920.44 mg NA

HARBORSIDE FEBRUARY 26-MARCH 2, 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
Choose 1 Entrée Daily					
Entrees	Mini Corn Dogs	Chicken Nuggets w/ roll	Chicken Teriyaki w/Rice & Dinner Roll	Taco Bar (2 6 " tortillas or 32 chips, #10 scoop taco meat, 1/4 oz cheese)	Meatball Bomber
	Chicken Patty Sandwich	Hamburger	Garlic Cheese Bread	Mini Corn Dogs	Hamburger
	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls
	Sub Sandwich	Sub Sandwich	Sub Sandwich	Sub Sandwich	Sub Sandwich
	Wrap	Wrap	Wrap	Wrap	Wrap
	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait
	Nardones Buffalo Chix Pizza	Nardones Cheese Pizza	Nardones BBQ Chicken Pizza	Nardones Hawaiian Pizza	Mini Pizza Bagels

All Fruits & Veggies are 1/2 c. servings unless otherwise noted

Choose up to 2 Veggies plus 2 fruit daily. Tuesday & Friday you can choose 1 fruit and 1 juice instead of the 2 fruits.					
Sides	Corn	Tots	Roasted Potatoes	Refried Beans	Tots
	Side Salad	Side Salad	Side Salad	Side Salad	Side Salad
	Fresh Veggies	Fresh Veggies	Fresh Veggies	Fresh Veggies	Fresh Veggies
	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
	Canned Fruit	Canned Fruit	Canned Fruit	Canned Fruit	Canned Fruit

Milk	Choose 1 serving per day. Skim white milk, 1 % white milk or Skim Chocolate milk offered daily				
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Average Weekly Totals:

685.30 Kcal

8.00% Sat Fat

881.50 mg NA

HARBORSIDE MARCH 5-9, 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
	Choose 1 Entrée Daily				
Entrees	Chipolte Chicken Sandwich	BBQ Pork Rib Sanwich	Pizza Dippers w/ Marinara	Chicken Egg Rolls	Turkey & Gravy w/Dinner Roll & Gripz
	Chicken Patty Sandwich	Hamburger	Garlic Cheese Bread	Mini Corn Dogs	Hamburger
	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls
	Sub Sandwich	Sub Sandwich	Sub Sandwich	Sub Sandwich	Sub Sandwich
	Wrap	Wrap	Wrap	Wrap	Wrap
	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait
	Nardones Buffalo Chix Pizza	Nardones Cheese Pizza	Nardones BBQ Chicken Pizza	Nardones Hawaiian Pizza	Chicken Nuggets w/Dinner Roll

All Fruits & Veggies are 1/2 c. servings unless otherwise noted

	Choose up to 2 Veggies plus 1 fruit daily. Choose up to 2 Veggies plus 1 Fruit & 1 Juice on Tues. & Friday				
Sides	Baked Beans	Roasted Potatoes			Mashed Potatoes
	Tots	Side Salad	Side Salad	Side Salad	Green Beans
	Side Salad	Fresh Veggies	Fresh Veggies	Fresh Veggies	Side Salad
	Fresh Veggies	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Veggies
	Fresh Fruit	Canned Fruit	Canned Fruit	Canned Fruit	Fresh Fruit
	Canned Fruit				Canned Fruit

Milk	Choose 1 serving per day. Skim white milk, 1 % white milk or Skim Chocolate milk offered daily				
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Average Weekly Totals:

679.04 Kcal
 8.00% Sat Fat
 1011.49 mg NA

HARBORSIDE MARCH 12-16, 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
Choose 1 Entrée Daily					
Entrees	Hot Dog on a Bun	Macaroni & Cheese w/Dinner Roll	Orange Chicken w/Rice & Dinner Roll	Chicken & Mashed Potato Combo w/Dinner Roll	Quesadilla w/Salsa
	Chicken Patty Sandwich	Hamburger	Garlic Cheese Bread	Mini Corn Dogs	Hamburger
	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls
	Sub Sandwich	Sub Sandwich	Sub Sandwich	Sub Sandwich	Sub Sandwich
	Wrap	Wrap	Wrap	Wrap	Wrap
	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait
	Nardones Buffalo Chix Pizza	Nardones Cheese Pizza	Nardones BBQ Chicken Pizza	Nardones Hawaiian Pizza	Chicken Nuggets w/Dinner Roll

All Fruits & Veggies are 1/2 c. servings unless otherwise noted

	Choose up to 2 Veggies plus 1 fruit daily. Choose up to 2 Veggies plus 1 Fruit & 1 Juice on Tues. & Friday				
Sides	Tots	Roasted Potatoes	Bean Salad	Canned Fruit	Green Beans
	Side Salad	Side Salad	Side Salad	Corn	Side Salad
	Fresh Veggies	Fresh Veggies	Fresh Veggies	Mashed Potatoes	Fresh Veggies
	Fresh Fruit	Fresh Fruit	Fresh Fruit	Side Salad	Fresh Fruit
	Canned Fruit	Canned Fruit	Canned Fruit	Fresh Veggies	Canned Fruit
				Fresh Fruit	

Milk	Choose 1 serving per day. Skim white milk, 1 % white milk or Skim Chocolate milk offered daily
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HARBORSIDE MARCH 19-23, 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
Choose 1 Entrée Daily					
Entrees	Mini Corn Dogs	Chicken Nuggets w/ roll	Chicken Teriyaki w/Rice & Dinner Roll	Taco Bar (2 6 " tortillas or 32 chips, #10 scoop taco meat, 1/4 oz cheese)	No Students Report
	Chicken Patty Sandwich	Hamburger	Garlic Cheese Bread	Mini Corn Dogs	
	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls	
	Sub Sandwich	Sub Sandwich	Sub Sandwich	Sub Sandwich	
	Wrap	Wrap	Wrap	Wrap	
	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	
	Nardones Buffalo Chix Pizza	Nardones Cheese Pizza	Nardones BBQ Chicken Pizza	Nardones Hawaiian Pizza	

All Fruits & Veggies are 1/2 c. servings unless otherwise noted

Choose up to 2 Veggies plus 2 fruit daily. Tuesday & Friday you can choose 1 fruit and 1 juice instead of the 2 fruits.					
Sides	Corn	Tots	Roasted Potatoes	Refried Beans	Tots
	Side Salad	Side Salad	Side Salad	Side Salad	Side Salad
	Fresh Veggies	Fresh Veggies	Fresh Veggies	Fresh Veggies	Fresh Veggies
	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
	Canned Fruit	Canned Fruit	Canned Fruit	Canned Fruit	Canned Fruit

Milk	Choose 1 serving per day. Skim white milk, 1 % white milk or Skim Chocolate milk offered daily				
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Average Weekly Totals:

685.30 Kcal

8.00% Sat Fat

881.50 mg NA

HARBORSIDE MARCH 26-30, 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
	Choose 1 Entrée Daily				
Entrees	Chipolte Chicken Sandwich	BBQ Pork Rib Sanwich	Pizza Dippers w/ Marinara	Chicken Egg Rolls	DISTRICT CLOSED BREAK SPRING MARCH 30- APRIL 8
	Chicken Patty Sandwich	Hamburger	Garlic Cheese Bread	Mini Corn Dogs	
	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls	
	Sub Sandwich	Sub Sandwich	Sub Sandwich	Sub Sandwich	
	Wrap	Wrap	Wrap	Wrap	
	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	
	Nardones Buffalo Chix Pizza	Nardones Cheese Pizza	Nardones BBQ Chicken Pizza	Nardones Hawaiiian Pizza	

All Fruits & Veggies are 1/2 c. servings unless otherwise noted

	Choose up to 2 Veggies plus 1 fruit daily. Choose up to 2 Veggies plus 1 Fruit & 1 Juice on Tues. & Friday				
Sides	Baked Beans	Roasted Potatoes			Mashed Potatoes
	Tots	Side Salad	Side Salad	Side Salad	Green Beans
	Side Salad	Fresh Veggies	Fresh Veggies	Fresh Veggies	Side Salad
	Fresh Veggies	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Veggies
	Fresh Fruit	Canned Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
	Canned Fruit		Canned Fruit	Canned Fruit	Canned Fruit

Milk	Choose 1 serving per day. Skim white milk, 1 % white milk or Skim Chocolate milk offered daily				

Average Weekly Totals:

679.04 Kcal
 8.00% Sat Fat
 1011.49 mg NA

HARBORSIDE APRIL 9-13, 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
Choose 1 Entrée Daily					
Entrees	Hot Dog on a Bun	Macaroni & Cheese w/Dinner Roll	Orange Chicken w/Rice & Dinner Roll	Chicken & Mashed Potato Combo w/Dinner Roll	Quesadilla w/Salsa
	Chicken Patty Sandwich	Hamburger	Garlic Cheese Bread	Mini Corn Dogs	Hamburger
	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls
	Sub Sandwich	Sub Sandwich	Sub Sandwich	Sub Sandwich	Sub Sandwich
	Wrap	Wrap	Wrap	Wrap	Wrap
	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait
	Nardones Buffalo Chix Pizza	Nardones Cheese Pizza	Nardones BBQ Chicken Pizza	Nardones Hawaiian Pizza	Chicken Nuggets w/Dinner Roll

All Fruits & Veggies are 1/2 c. servings unless otherwise noted

	Choose up to 2 Veggies plus 1 fruit daily. Choose up to 2 Veggies plus 1 Fruit & 1 Juice on Tues. & Friday				
Sides	Tots	Roasted Potatoes	Bean Salad	Canned Fruit	Green Beans
	Side Salad	Side Salad	Side Salad	Corn	Side Salad
	Fresh Veggies	Fresh Veggies	Fresh Veggies	Mashed Potatoes	Fresh Veggies
	Fresh Fruit	Fresh Fruit	Fresh Fruit	Side Salad	Fresh Fruit
	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Veggies	Fresh Fruit
	Canned Fruit	Canned Fruit	Canned Fruit	Fresh Fruit	Canned Fruit

Milk	Choose 1 serving per day. Skim white milk, 1 % white milk or Skim Chocolate milk offered daily
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HARBORSIDE APRIL 16-20, 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
Choose 1 Entrée Daily					
Entrees	Mini Corn Dogs	Chicken Nuggets w/ roll	Chicken Teriyaki w/Rice & Dinner Roll	Taco Bar (2 6 " tortillas or 32 chips, #10 scoop taco meat, 1/4 oz cheese)	No Students Report
	Chicken Patty Sandwich	Hamburger	Garlic Cheese Bread	Mini Corn Dogs	
	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls	
	Sub Sandwich	Sub Sandwich	Sub Sandwich	Sub Sandwich	
	Wrap	Wrap	Wrap	Wrap	
	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	
	Nardones Buffalo Chix Pizza	Nardones Cheese Pizza	Nardones BBQ Chicken Pizza	Nardones Hawaiian Pizza	

All Fruits & Veggies are 1/2 c. servings unless otherwise noted

Choose up to 2 Veggies plus 2 fruit daily. Tuesday & Friday you can choose 1 fruit and 1 juice instead of the 2 fruits.					
Sides	Corn	Tots	Roasted Potatoes	Refried Beans	Tots
	Side Salad	Side Salad	Side Salad	Side Salad	Side Salad
	Fresh Veggies	Fresh Veggies	Fresh Veggies	Fresh Veggies	Fresh Veggies
	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
	Canned Fruit	Canned Fruit	Canned Fruit	Canned Fruit	Canned Fruit

Milk	Choose 1 serving per day. Skim white milk, 1 % white milk or Skim Chocolate milk offered daily				
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HARBORSIDE

This institution is an equal opportunity provider.

Menu Subject to Change

Average Weekly Totals:

685.30 Kcal

8.00% Sat Fat

881.50 mg NA

WK 2

HARBORSIDE APRIL 23-27, 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
	Choose 1 Entrée Daily				
Entrees	Chipolte Chicken Sandwich	BBQ Pork Rib Sanwich	Pizza Dippers w/ Marinara	Chicken Egg Rolls	Turkey & Gravy w/Dinner Roll & Gripz
	Chicken Patty Sandwich	Hamburger	Garlic Cheese Bread	Mini Corn Dogs	Hamburger
	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls
	Sub Sandwich	Sub Sandwich	Sub Sandwich	Sub Sandwich	Sub Sandwich
	Wrap	Wrap	Wrap	Wrap	Wrap
	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait
	Nardones Buffalo Chix Pizza	Nardones Cheese Pizza	Nardones BBQ Chicken Pizza	Nardones Hawaiian Pizza	Chicken Nuggets w/Dinner Roll

All Fruits & Veggies are 1/2 c. servings unless otherwise noted

	Choose up to 2 Veggies plus 1 fruit daily. Choose up to 2 Veggies plus 1 Fruit & 1 Juice on Tues. & Friday				
Sides	Baked Beans	Roasted Potatoes	Side Salad	Side Salad	Mashed Potatoes
	Tots	Side Salad	Fresh Veggies	Fresh Veggies	Green Beans
	Side Salad	Fresh Veggies	Fresh Fruit	Fresh Fruit	Side Salad
	Fresh Veggies	Fresh Fruit	Canned Fruit	Canned Fruit	Fresh Veggies
	Fresh Fruit				Fresh Fruit
	Canned Fruit				Canned Fruit

Milk	Choose 1 serving per day. Skim white milk, 1 % white milk or Skim Chocolate milk offered daily				
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Harborside

This institution is an equal opportunity provider.

Menu Subject to Change

Average Weekly Totals:

679.04 Kcal

8.00% Sat Fat

1011.49 mg NA

HARBORSIDE APRIL 30-MAY 4, 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
	Choose 1 Entrée Daily				
Entrees	Hot Dog on a Bun	Macaroni & Cheese w/Dinner Roll	Orange Chicken w/Rice & Dinner Roll	Chicken & Mashed Potato Combo w/Dinner Roll	Quesadilla w/Salsa
	Chicken Patty Sandwich	Hamburger	Garlic Cheese Bread	Mini Corn Dogs	Hamburger
	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls
	Sub Sandwich	Sub Sandwich	Sub Sandwich	Sub Sandwich	Sub Sandwich
	Wrap	Wrap	Wrap	Wrap	Wrap
	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait
	Nardones Buffalo Chix Pizza	Nardones Cheese Pizza	Nardones BBQ Chicken Pizza	Nardones Hawaiian Pizza	Chicken Nuggets w/Dinner Roll

All Fruits & Veggies are 1/2 c. servings unless otherwise noted

	Choose up to 2 Veggies plus 1 fruit daily. Choose up to 2 Veggies plus 1 Fruit & 1 Juice on Tues. & Friday				
Sides	Tots	Roasted Potatoes	Bean Salad	Canned Fruit	Green Beans
	Side Salad	Side Salad	Side Salad	Corn	Side Salad
	Fresh Veggies	Fresh Veggies	Fresh Veggies	Mashed Potatoes	Fresh Veggies
	Fresh Fruit	Fresh Fruit	Fresh Fruit	Side Salad	Fresh Fruit
	Canned Fruit	Canned Fruit	Canned Fruit	Fresh Veggies	Canned Fruit
				Fresh Fruit	

Milk	Choose 1 serving per day. Skim white milk, 1 % white milk or Skim Chocolate milk offered daily
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Average Weekly Totals:

689.65 Kcal

8.00% Sat Fat

920.44 mg NA

HARBORSIDE MAY 7-11, 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
Choose 1 Entrée Daily					
Entrees	Mini Corn Dogs	Chicken Nuggets w/ roll	Chicken Teriyaki w/Rice & Dinner Roll	Taco Bar (2 6 " tortillas or 32 chips, #10 scoop taco meat, 1/4 oz cheese)	Meatball Bomber
	Chicken Patty Sandwich	Hamburger	Garlic Cheese Bread	Mini Corn Dogs	Hamburger
	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls
	Sub Sandwich	Sub Sandwich	Sub Sandwich	Sub Sandwich	Sub Sandwich
	Wrap	Wrap	Wrap	Wrap	Wrap
	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait
	Nardones Buffalo Chix Pizza	Nardones Cheese Pizza	Nardones BBQ Chicken Pizza	Nardones Hawaiian Pizza	Mini Pizza Bagels

All Fruits & Veggies are 1/2 c. servings unless otherwise noted

Choose up to 2 Veggies plus 2 fruit daily. Tuesday & Friday you can choose 1 fruit and 1 juice instead of the 2 fruits.					
Sides	Corn	Tots	Roasted Potatoes	Refried Beans	Tots
	Side Salad	Side Salad	Side Salad	Side Salad	Side Salad
	Fresh Veggies	Fresh Veggies	Fresh Veggies	Fresh Veggies	Fresh Veggies
	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
	Canned Fruit	Canned Fruit	Canned Fruit	Canned Fruit	Canned Fruit

Milk	Choose 1 serving per day. Skim white milk, 1 % white milk or Skim Chocolate milk offered daily				
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Average Weekly Totals:

685.30 Kcal

8.00% Sat Fat

881.50 mg NA

HARBORSIDE MAY 14-18, 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
	Choose 1 Entrée Daily				
Entrees	Chipolte Chicken Sandwich	BBQ Pork Rib Sanwich	Pizza Dippers w/ Marinara	Chicken Egg Rolls	Turkey & Gravy w/Dinner Roll & Gripz
	Chicken Patty Sandwich	Hamburger	Garlic Cheese Bread	Mini Corn Dogs	Hamburger
	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls
	Sub Sandwich	Sub Sandwich	Sub Sandwich	Sub Sandwich	Sub Sandwich
	Wrap	Wrap	Wrap	Wrap	Wrap
	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait
	Nardones Buffalo Chix Pizza	Nardones Cheese Pizza	Nardones BBQ Chicken Pizza	Nardones Hawaiian Pizza	Chicken Nuggets w/Dinner Roll

All Fruits & Veggies are 1/2 c. servings unless otherwise noted

	Choose up to 2 Veggies plus 1 fruit daily. Choose up to 2 Veggies plus 1 Fruit & 1 Juice on Tues. & Friday				
Sides	Baked Beans	Roasted Potatoes			Mashed Potatoes
	Tots	Side Salad	Side Salad	Side Salad	Green Beans
	Side Salad	Fresh Veggies	Fresh Veggies	Fresh Veggies	Side Salad
	Fresh Veggies	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Veggies
	Fresh Fruit	Canned Fruit	Canned Fruit	Canned Fruit	Fresh Fruit
Canned Fruit				Canned Fruit	

Milk	Choose 1 serving per day. Skim white milk, 1 % white milk or Skim Chocolate milk offered daily				
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Average Weekly Totals:

679.04 Kcal

8.00% Sat Fat

1011.49 mg NA

HARBORSIDE MAY 21-25, 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
Choose 1 Entrée Daily					
Entrees	Hot Dog on a Bun	Macaroni & Cheese w/Dinner Roll	Orange Chicken w/Rice & Dinner Roll	Chicken & Mashed Potato Combo w/Dinner Roll	Quesadilla w/Salsa
	Chicken Patty Sandwich	Hamburger	Garlic Cheese Bread	Mini Corn Dogs	Hamburger
	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls
	Sub Sandwich	Sub Sandwich	Sub Sandwich	Sub Sandwich	Sub Sandwich
	Wrap	Wrap	Wrap	Wrap	Wrap
	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait
	Nardones Buffalo Chix Pizza	Nardones Cheese Pizza	Nardones BBQ Chicken Pizza	Nardones Hawaiian Pizza	Chicken Nuggets w/Dinner Roll

All Fruits & Veggies are 1/2 c. servings unless otherwise noted

	Choose up to 2 Veggies plus 1 fruit daily. Choose up to 2 Veggies plus 1 Fruit & 1 Juice on Tues. & Friday				
Sides	Tots	Roasted Potatoes	Bean Salad	Canned Fruit	Green Beans
	Side Salad	Side Salad	Side Salad	Corn	Side Salad
	Fresh Veggies	Fresh Veggies	Fresh Veggies	Mashed Potatoes	Fresh Veggies
	Fresh Fruit	Fresh Fruit	Fresh Fruit	Side Salad	Fresh Fruit
	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Veggies	Fresh Fruit
	Canned Fruit	Canned Fruit	Canned Fruit	Fresh Fruit	Canned Fruit

Milk	Choose 1 serving per day. Skim white milk, 1 % white milk or Skim Chocolate milk offered daily
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Average Weekly Totals:

689.65 Kcal

8.00% Sat Fat

920.44 mg NA

HARBORSIDE MAY 28-JUNE 1, 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
Choose 1 Entrée Daily					
Entrees	District Closed Memorial Day	Chicken Nuggets w/ roll	Chicken Teriyaki w/Rice & Dinner Roll	Taco Bar (2 6 " tortillas or 32 chips, #10 scoop taco meat, 1/4 oz cheese)	Meatball Bomber
		Hamburger	Garlic Cheese Bread	Mini Corn Dogs	Hamburger
		Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls
		Sub Sandwich	Sub Sandwich	Sub Sandwich	Sub Sandwich
		Wrap	Wrap	Wrap	Wrap
		Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait
		Nardones Cheese Pizza	Nardones BBQ Chicken Pizza	Nardones Hawaiian Pizza	Mini Pizza Bagels

All Fruits & Veggies are 1/2 c. servings unless otherwise noted

Choose up to 2 Veggies plus 2 fruit daily. Tuesday & Friday you can choose 1 fruit and 1 juice instead of the 2 fruits.					
Sides	Corn	Tots	Roasted Potatoes	Refried Beans	Tots
	Side Salad	Side Salad	Side Salad	Side Salad	Side Salad
	Fresh Veggies	Fresh Veggies	Fresh Veggies	Fresh Veggies	Fresh Veggies
	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
	Canned Fruit	Canned Fruit	Canned Fruit	Canned Fruit	Canned Fruit

Milk	Choose 1 serving per day. Skim white milk, 1 % white milk or Skim Chocolate milk offered daily				

HARBORSIDE

This institution is an equal opportunity provider.

Menu Subject to Change

Average Weekly Totals:

685.30 Kcal

8.00% Sat Fat

881.50 mg NA

HARBORSIDE JUNE 4-9, 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
	Choose 1 Entrée Daily				
Entrees	Chipolte Chicken Sandwich	Harborside Only No Students Report	Pizza Dippers w/ Marinara	Chicken Egg Rolls	Turkey & Gravy w/Dinner Roll & Gripz
	Chicken Patty Sandwich		Garlic Cheese Bread	Mini Corn Dogs	Hamburger
	Large Salad w/2 Dinner Rolls		Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls	Large Salad w/2 Dinner Rolls
	Sub Sandwich		Sub Sandwich	Sub Sandwich	Sub Sandwich
	Wrap		Wrap	Wrap	Wrap
	Yogurt Parfait		Yogurt Parfait	Yogurt Parfait	Yogurt Parfait
	Nardones Buffalo Chix Pizza		Nardones BBQ Chicken Pizza	Nardones Hawaiian Pizza	Chicken Nuggets w/Dinner Roll

All Fruits & Veggies are 1/2 c. servings unless otherwise noted

	Choose up to 2 Veggies plus 1 fruit daily. Choose up to 2 Veggies plus 1 Fruit & 1 Juice on Tues. & Friday				
Sides	Baked Beans	Roasted Potatoes	Side Salad	Side Salad	Mashed Potatoes
	Tots	Side Salad	Fresh Veggies	Fresh Veggies	Green Beans
	Side Salad	Fresh Veggies	Fresh Fruit	Fresh Fruit	Side Salad
	Fresh Veggies	Fresh Fruit	Canned Fruit	Canned Fruit	Fresh Veggies
	Fresh Fruit				Fresh Fruit
	Canned Fruit				Canned Fruit

Milk	Choose 1 serving per day. Skim white milk, 1 % white milk or Skim Chocolate milk offered daily				
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Average Weekly Totals:

679.04 Kcal
 8.00% Sat Fat
 1011.49 mg NA