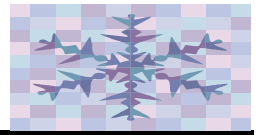




January 2012

The Harrisburg Academy Lunch Menu

Did you know that it takes the brain 20-30 minutes, after you eat, to register that you are full?



Mon	Tue	Wed	Thu	Fri
<p>2</p> <p>Entrées: Cheesesteak Sandwich Macaroni & Cheese <i>Turkey, Cheddar, Bacon Wrap</i> Chicken Noodle Soup & Sandwich Sides: Steamed Corn, Diced Peaches</p>	<p>3</p> <p>Entrées: Baked Potato w/Toppings Corn Dogs Minestrone Soup & Sandwich Sides: Steamed Broccoli, Applesauce</p>	<p>4</p> <p>Entrées: Chicken Patty Sandwich Broccoli & Cheese Quiche <i>Turkey, Cheddar, Bacon Wrap</i> Chicken & Rice Soup & Sandwich Sides: Steamed Green Beans, Pineapple Tidbits</p>	<p>5</p> <p>Entrées: Salisbury Steak Mango Wrap (Jack Cheese, Black Beans, Cilantro Lime Rice, Mango) French Onion Soup & Sandwich Sides: Mashed Potatoes, Mixed Fruit</p>	<p>6</p> <p>Entrées: Meatball Sandwich Black Bean Hummus <i>Turkey, Cheddar, Bacon Wrap</i> Pasta Fagioli Soup & Sandwich Sides: Steamed Carrots, Orange Wedges</p>
<p>9</p> <p>Entrées: Chicken Nuggets Spinach & Feta Triangles <i>Avocado Wrap</i> Vegetable Soup & Sandwich Sides: French Fries, Diced Pears</p>	<p>10</p> <p>Entrées: Spiral Pasta w/Marinara or Meat Sauce Chicken Noodle Soup & Sandwich Sides: Steamed Green Beans, Mixed Fruit</p>	<p>11</p> <p>Entrées: Pancakes Scrambled Eggs <i>Avocado Wrap</i> Chef's Choice of Soup & Sandwich Sides: Hash Brown, Turkey Sausage, Mandarin Oranges</p>	<p>12</p> <p>Entrées: Ham & Cheese Pretzelwich Cheese Pretzelwich Potato Soup & Sandwich Sides: Steamed Corn, Applesauce</p>	<p>13</p> <p>Entrées: Academy Pizza— Cheese, Pepperoni, or Veggie Hot Dog <i>Avocado Wrap</i> Italian Wedding Soup & Sandwich Sides: Steamed Peas, Diced Peaches</p>
<p>16</p> <p>SCHOOL CLOSED</p> 	<p>17</p> <p>Entrées: Fish Nuggets Mini Pierogies Minestrone Soup & Sandwich Sides: Steamed Carrots, Applesauce</p>	<p>18</p> <p>Entrées: Pizza Sticks Veggie Burger <i>Balsamic Chicken Wrap</i> French Onion Soup & Sandwich Sides: Steamed Green Beans, Mandarin Oranges</p>	<p>19</p> <p>Entrées: Soft Shelled Taco Bean & Cheese Burrito Pasta Fagioli Soup & Sandwich Sides: Lettuce, Tomato, Sour Cream, Salsa, Brown Rice, Pineapple Tidbits</p>	<p>20</p> <p>Entrées: Lasagna Veggie Lasagna <i>Balsamic Chicken Wrap</i> Chicken & Rice Soup & Sandwich Sides: Steamed Peas, Diced Pears</p>
<p>23</p> <p>Entrées: Hot Dog Bar—Choice of Toppings Black Bean Hummus <i>Tuna Salad Wrap</i> Italian Wedding Soup & Sandwich Sides: Steamed Cauliflower, Diced Peaches</p>	<p>24</p> <p>Entrées: Baked Chicken Feta Pizza (Tomato, Feta, Basil, Balsamic Glaze on a Pita) Butternut & Apple Soup & Sandwich Sides: Steamed Green Beans, Corn Bread, Mandarin Oranges</p>	<p>25</p> <p>Entrées: Toasted Cheese Sandwich Tomato Soup <i>Tuna Salad Wrap</i> Tomato Soup & Sandwich Sides: Steamed Broccoli, Applesauce</p>	<p>26</p> <p>Entrées: Open Face Turkey Sandwich Mushroom & Swiss Quiche Chicken Noodle Soup & Sandwich Sides: Steamed Corn, Diced Pears</p>	<p>27</p> <p>Entrées: Galaxy Pizza Spicy Chicken Wrap <i>Tuna Salad Wrap</i> Vegetable Soup & Sandwich Sides: Steamed Carrots, Mixed Fruit</p>
<p>30</p> <p>Entrées: Cheesesteak Sandwich Macaroni & Cheese <i>Turkey, Cheddar, Bacon Wrap</i> Chicken Noodle Soup & Sandwich Sides: French Fries, Diced Peaches</p>	<p>31</p> <p>Entrées: Salisbury Steak Mango Wrap (Jack Cheese, Black Beans, Cilantro Lime Rice, Mango) Minestrone Soup & Sandwich Sides: Mashed Potatoes, Applesauce</p>	<p>Feb. 1</p> <p>Entrées: Chicken Patty Sandwich Roasted Veggies & Feta Triangle <i>Turkey, Cheddar, Bacon Wrap</i> Chicken & Rice Soup & Sandwich Sides: Steamed Green Beans, Pineapple Tidbits</p>	<p>Feb. 2</p> <p>Entrées: Baked Potato w/Toppings Corn Dogs French Onion Soup & Sandwich Sides: Steamed Broccoli, Mixed Fruit</p>	<p>Feb. 3</p> <p>Entrées: Meatball Sandwich Southwest Wrap (Pepper Jack Cheese, Black Beans, Rice, Mexi Ranch Dressing) <i>Turkey, Cheddar, Bacon Wrap</i> Vegetable Soup & Sandwich Sides: Steamed Carrots, Orange Wedges</p>







February 2012

The Harrisburg Academy Lunch

Eat breakfast like a king, lunch like a prince, and dinner like a pauper.



Mon	Tue	Wed	Thu	Fri
<p>6</p> <p>Entrées: Chicken Nuggets Spinach & Feta Triangles Avocado Wrap Vegetable Soup & Sandwich</p> <p>Sides: Steamed Peas & Carrots, Diced Pears</p>	<p>7</p> <p>Entrées: Spiral Pasta w/Marinara or Meat Sauce</p> <p>Chicken Noodle Soup & Sandwich</p> <p>Sides: Steamed Green Beans, Mixed Fruit</p>	<p>8</p> <p>Entrées: Pancakes Scrambled Eggs Avocado Wrap Chef's Choice of Soup & Sandwich</p> <p>Sides: Hash Brown, Turkey Sausage, Mandarin Oranges</p>	<p>9</p> <p>Entrées: Ham & Cheese Pretzelwich Cheese Pretzelwich</p> <p>Potato Soup & Sandwich</p> <p>Sides: Steamed Edamame, Applesauce</p>	<p>10</p> <p>Entrées: Galaxy Pizza Hot Dog Avocado Wrap Pasta Fagioli Soup & Sandwich</p> <p>Sides: Steamed Carrots, Orange Wedges</p>
<p>13</p> <p>Entrées: Lasagna Veggie Lasagna Balsamic Chicken Wrap Chicken & Rice Soup & Sandwich</p> <p>Sides: Steamed Peas, Diced Pears</p>	<p>14</p> <p></p> <p>Entrées: Fish Nuggets Mini Pierogies</p> <p>Minestrone Soup & Sandwich</p> <p>Sides: Steamed Corn, Applesauce</p>	<p>15</p> <p>Entrées: Soft Shelled Taco Bean & Cheese Burrito Balsamic Chicken Wrap Chicken Poblano Soup & Sandwich</p> <p>Sides: Lettuce, Tomato, Sour Cream, Salsa, Brown Rice, Pineapple Tidbits</p>	<p>16</p> <p>Entrées: Pizza Sticks Blackened Chicken Wrap</p> <p>French Onion Soup & Sandwich</p> <p>Sides: Steamed Green Beans, Mandarin Oranges</p>	<p>17</p> <p>SCHOOL CLOSED</p> <p></p> <p>In-Service Day</p>
<p>20</p> <p>SCHOOL CLOSED</p> <p></p> <p>President's Day</p>	<p>21</p> <p>Entrées: Hot Dog Bar—Choice of Toppings Black Bean Hummus Italian Wedding Soup & Sandwich</p> <p>Sides: Steamed Cauliflower, Diced Peaches</p>	<p>22</p> <p>Entrées: Toasted Cheese Sandwich Tomato Soup Tuna Salad Wrap Tomato Soup & Sandwich</p> <p>Sides: Steamed Broccoli, Applesauce</p>	<p>23</p> <p>Entrées: Baked Chicken Feta Pizza (Tomato, Feta, Basil, Balsamic Glaze on a Pita) Cream of Asparagus Soup & Sandwich</p> <p>Sides: Steamed Green Beans, Corn Bread, Mandarin Oranges</p>	<p>24</p> <p>Entrées: Galaxy Pizza Spicy Chicken Wrap Tuna Salad Wrap Vegetable Soup & Sandwich</p> <p>Sides: Steamed Carrots, Mixed Fruit</p>
<p>27</p> <p>Entrées: Cheesesteak Sandwich Macaroni & Cheese Turkey, Cheddar, Bacon Wrap Chicken Noodle Soup & Sandwich</p> <p>Sides: French Fries, Diced Peaches</p>	<p>28</p> <p>Entrées: Salisbury Steak Mango Wrap (Jack Cheese, Black Beans, Cilantro Lime Rice, Mango) Minestrone Soup & Sandwich</p> <p>Sides: Mashed Potatoes, Applesauce</p>	<p>29</p> <p>Entrées: Chicken Patty Sandwich Roasted Veggies & Feta Triangle Turkey, Cheddar, Bacon Wrap Chicken & Rice Soup & Sandwich</p> <p>Sides: Steamed Green Beans, Pineapple Tidbits</p>	<p>March 1</p> <p>Entrées: Baked Potato w/Toppings Corn Dogs</p> <p>French Onion Soup & Sandwich</p> <p>Sides: Steamed Broccoli, Mixed Fruit</p>	<p>March 2</p> <p>Entrées: Cindy Lou Who Pancakes Green Eggs & Ham Turkey, Cheddar, Bacon Wrap Vegetable Soup & Sandwich</p> <p>Sides: Hash Brown, Turkey Sausage, Mandarin Oranges</p> <p>Today is Dr. Seuss's Birthday.</p> <p></p>

How many fruits and vegetables should you eat daily? There are a couple of factors such as: how active you are, how old you are, and whether you are a boy or a girl. You should eat a minimum of 3 cups all the way up to 6 cups per day. The more active and older you are the more you should eat. To find out what you should be eating check out www.fruitsandveggiesmatter.gov.

“An apple a day helps keep the doctor away.”