



August/September 2010

The Harrisburg Academy Lunch Menu

The kitchen staff would like to welcome everyone who is new this year, and all those familiar faces that we love serving.



Mon	Tue	Wed	Thu	Fri
<p>Aug. 30</p> <p>Entrées: Pizza Sticks w/Sauce</p> <p>Chicken Noodle Soup & Sandwich</p> <p>Sides: Broccoli, Applesauce</p>	<p>Aug. 31</p> <p>Entrées: Toasted Cheese Sandwich Tomato Soup</p> <p>Tomato Soup & Sandwich</p> <p>Sides: Green Beans, Mixed Fruit</p>	<p>September 1</p> <p>Entrées: Soft Shelled Taco Bean & Cheese Burrito <i>Chicken Salad Wrap</i> Chicken & Rice Soup & Sandwich</p> <p>Sides: Lettuce, Tomato, Sour Cream, Salsa, Brown Rice, Diced Peaches</p>	<p>September 2</p> <p>Entrées: Meatball Sandwich Spinach & Feta Triangles</p> <p>French Onion Soup & Sandwich</p> <p>Sides: Succotash, Orange Wedges, Pudding</p>	<p>September 3</p> <p style="text-align: center;">No School</p> <p style="text-align: center;"></p>
<p>6</p> <p style="text-align: center;">No School Labor Day</p> <p style="text-align: center;"></p>	<p>7</p> <p>Entrées: Cheesesteak Sandwich <i>Hummus Personal Pizza (Hummus, Diced Peppers & Onions on a Pita)</i> Chicken Noodle Soup & Sandwich</p> <p>Sides: Steamed Lima Beans, Fruit Cocktail</p>	<p>8</p> <p>Entrées: Lasagna Veggie Lasagna <i>Turkey, Cheddar, Bacon Wrap</i> Vegetable Soup & Sandwich</p> <p>Sides: Steamed Peas & Carrots, Applesauce</p>	<p>9</p> <p style="text-align: center;">No School</p> <p style="text-align: center;"> Rosh Hashanah</p>	<p>10</p> <p>Entrées: Academy Pizza—Cheese, Pepperoni or Veggie Hot Dog <i>Turkey, Cheddar, Bacon Wrap</i> Italian Wedding Soup & Sandwich</p> <p>Sides: Steamed Broccoli, Orange Wedges</p>
<p>13</p> <p>Entrées: Salisbury Steak Black Bean Hummus Pita <i>Ham & Cheddar Wrap</i> French Onion Soup & Sandwich</p> <p>Sides: Mashed Potatoes, Mandarin Oranges</p>	<p>14</p> <p>Entrées: Spiral Pasta w/ Marinara or Meat Sauce</p> <p>Broccoli & Cheese Soup & Sandwich</p> <p>Sides: Steamed Peas, Tropical Fruit</p>	<p>15</p> <p>Entrées: Chicken Patty Sandwich Mini Cheese Pierogies <i>Ham & Cheddar Wrap</i> Vegetarian Chili & Sandwich</p> <p>Sides: Steamed Green Beans, Applesauce</p>	<p>16</p> <p>Entrées: Baked Potato w/Toppings Corn Dogs</p> <p>Vegetable Soup & Sandwich</p> <p>Sides: Steamed Broccoli, Pineapple Tidbits</p>	<p>17</p> <p>Entrées: Ham & Cheese Pretzelwich Cheese Pretzelwich <i>Ham & Cheddar Wrap</i> Tomato Soup & Sandwich</p> <p>Sides: French Fries, Diced Peaches</p>
<p>20</p> <p>Entrées: Academy Burger Broccoli & Cheese Quiche <i>Chicken Ranch Wrap</i> Chicken & Rice Soup & Sandwich</p> <p>Sides: Steamed Carrots, Orange Wedges</p>	<p>21</p> <p>Entrées: Chicken Nuggets Spinach & Feta Triangles</p> <p>Potato Soup & Sandwich</p> <p>Sides: Steamed Corn, Fruit Cocktail</p>	<p>22</p> <p>Entrées: Soft Shelled Taco Bean & Cheese Burrito <i>Chicken Ranch Wrap</i> Minestrone Soup & Sandwich</p> <p>Sides: Lettuce, Tomato, Sour Cream, Salsa, Brown Rice, Diced Peas</p>	<p>23</p> <p>Entrées: Macaroni & Cheese Sweet Ginger Sesame Lo Mein w/Chicken</p> <p>Wisconsin Cheese Soup & Sandwich</p> <p>Sides: Steamed Stir Fry Veggies, Diced Peaches</p>	<p>24</p> <p>Entrées: Academy Pizza—Cheese, Pepperoni or Vegetable Spicy Chicken Wrap <i>Chicken Ranch Wrap</i> Vegetable Soup & Sandwich</p> <p>Sides: Steamed Peas & Carrots, Applesauce</p>
<p>28</p> <p>Entrées: Hot Dog Bar – Choice of toppings (sauerkraut, cheese, chili) Black Bean Hummus <i>Turkey Wrap w/ Chipotle Mayo</i> Vegetarian Chili & Sandwich</p> <p>Sides: Steamed Broccoli, Pineapple Tidbits</p>	<p>28</p> <p>Entrées: Pancakes Scrambled Eggs</p> <p>Italian Wedding Soup & Sandwich</p> <p>Sides: Hash Brown, Sausage, Mandarin Oranges</p>	<p>29</p> <p>Entrées: Pizza Sticks Veggie Burger Turkey Wrap w/ Chipotle Mayo Minestrone Soup & Sandwich</p> <p>Sides: Steamed Peas & Carrots, Diced Peaches</p>	<p>30</p> <p>Entrées: Open Face Turkey Sandwich Southwest Wrap (Pepper Jack Cheese, Black Beans, Rice, Mexi-Ranch Dressing) Chicken Noodle Soup & Sandwich</p> <p>Sides: Mashed Potatoes, Tropical Fruit</p>	<p>Oct. 1</p> <p>Entrées: Toasted Cheese Sandwich Tomato Soup <i>Turkey Wrap w/ Chipotle Mayo</i> Tomato Basil Soup & Sandwich</p> <p>Sides: Steamed Green Beans, Applesauce</p>