






# February 2018

## The Harrisburg Academy Lunch

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



Mon	Tue	Wed	Thu	Fri
<p>5</p> <p><b>Entrées:</b> Macaroni &amp; Cheese BLT Wrap w/Chipotle Aioli</p> <p>Italian Wedding Soup &amp; Sandwich</p> <p><b>Sides:</b> Steamed Broccoli, Diced Peaches</p>	<p>6</p> <p><b>Entrées:</b> Lasagna Veggie Lasagna</p> <p>Red Pepper &amp; Gouda Soup &amp; Sandwich</p> <p><b>Sides:</b> Steamed Green Beans, Diced Pears</p>	<p>7</p> <p><b>Entrées:</b> Ham &amp; Cheese Pretzelwich Cheese Pretzelwich</p> <p>French Onion Soup &amp; Sandwich</p> <p><b>Sides:</b> Steamed Peas, Applesauce</p>	<p>8</p> <p><b>Entrées:</b> French Toast Sticks Scrambled Eggs</p> <p>N.E. Clam Chowder &amp; Sandwich</p> <p><b>Sides:</b> Hash Brown, Turkey Sausage, Mandarin Oranges</p>	<p>9</p> <p><b>Entrées:</b> Flatbread Pizza</p> <p>Minestrone Soup &amp; Sandwich</p> <p><b>Sides:</b> Steamed Carrots, Mixed Fruit</p>
<p>12</p> <p><b>Entrées:</b> Hot Dog Bar—Choice of Toppings Mango Wrap</p> <p>Broccoli &amp; Cheese Soup &amp; Sandwich</p> <p><b>Sides:</b> Steamed Broccoli, Pineapple Tidbits</p>	<p>13</p> <p><b>Entrées:</b> Salisbury Steak Vegetarian Stuffed Pepper</p> <p>Chicken Noodle Soup &amp; Sandwich</p> <p><b>Sides:</b> Mashed Potatoes, Diced Peaches</p>	<p>14</p>  <p><b>Entrées:</b> Chicken Nuggets Falafel</p> <p>Italian Wedding Soup &amp; Sandwich</p> <p><b>Sides:</b> Steamed Green Beans, Applesauce</p>	<p>15</p> <p><b>Entrées:</b> Fish Sticks Mini Pierogies</p> <p>Chicken Poblano Soup &amp; Sandwich</p> <p><b>Sides:</b> Steamed Corn, Mixed Fruit</p>	<p>16</p> <p><b>SCHOOL CLOSED</b></p>  <p><b>In-Service Day</b></p>
<p>19</p> <p><b>SCHOOL CLOSED</b></p>  <p><b>President's Day</b></p>	<p>20</p> <p><b>Entrées:</b> Soft Shelled Taco Bean &amp; Cheese Burrito</p> <p>N.E. Clam Chowder &amp; Sandwich</p> <p><b>Sides:</b> Lettuce, Tomato, Sour Cream, Salsa, Brown Rice, Diced Pears</p>	<p>21</p> <p><b>Entrées:</b> Meatball Sandwich Vegetarian Bowtie Pasta</p> <p>French Onion Soup &amp; Sandwich</p> <p><b>Sides:</b> Steamed Peas, Applesauce</p>	<p>22</p> <p><b>Entrées:</b> Academy Burger Black Bean Burger</p> <p>Potato Soup &amp; Sandwich</p> <p><b>Sides:</b> Steamed Corn, Diced Peaches</p>	<p>23</p> <p><b>Entrées:</b> Flatbread Pizza</p> <p>Chicken &amp; Rice Soup &amp; Sandwich</p> <p><b>Sides:</b> Steamed Broccoli, Pineapple Tidbits</p>
<p>26</p> <p><b>Entrées:</b> Chicken Patty Sandwich Hummus w/Pita</p> <p>Cream of Asparagus Soup &amp; Sandwich</p> <p><b>Sides:</b> Steamed Edamame, Mandarin Oranges</p>	<p>27</p> <p><b>Entrées:</b> Grilled Cheese Sandwich Tomato Soup</p> <p>Tomato &amp; Basil Soup &amp; Sandwich</p> <p><b>Sides:</b> Applesauce</p>	<p>28</p> <p><b>Entrées:</b> Macaroni &amp; Cheese Blackened Chicken Wrap</p> <p>Minestrone Soup &amp; Sandwich</p> <p><b>Sides:</b> Roasted Brussel Sprouts, Mixed Fruit</p>	<p>March 1</p> <p><b>Entrées:</b> Pizza Sticks Ham, Bacon, Cheddar Quiche</p> <p>Vegetable Soup &amp; Sandwich</p> <p><b>Sides:</b> Steamed Carrots, Diced Peaches</p>	<p>March 2</p> <p><b>Entrées:</b> Pasta w/Marinara, Meat or Alfredo Sauce</p> <p>Red Pepper &amp; Gouda Soup &amp; Sandwich</p> <p><b>Sides:</b> Steamed Peas, Diced Pears</p>

**Did you know:**

One medium banana has 422 mg of potassium. Fewer than 2% of US adults meet the daily recommendation of 4700 mg of potassium. Low potassium have been linked with high blood pressure and cardiovascular disease. Most people know that maintaining a low sodium intake is essential to lowering blood pressure, but did you know that increasing potassium intake may be just as important?