






February 2019

The Harrisburg Academy Lunch

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



Mon	Tue	Wed	Thu	Fri
<p>4</p> <p>Entrées: Chicken Patty Sandwich Broccoli & Cheddar Quiche</p> <p>Italian Wedding Soup & Sandwich</p> <p>Sides: Steamed Corn, Fruit Cocktail</p>	<p>5</p> <p>Entrées: Lasagna Veggie Lasagna</p> <p>Chicken Noodle Soup & Sandwich</p> <p>Sides: Steamed Peas, Diced Peaches</p>	<p>6</p> <p>Entrées: Ham & Cheese Pretzelwich Cheese Pretzelwich</p> <p>French Onion Soup & Sandwich</p> <p>Sides: Steamed Peas, Applesauce</p>	<p>7</p> <p>Entrées: French Toast Sticks Scrambled Eggs</p> <p>N.E. Clam Chowder & Sandwich</p> <p>Sides: Hash Brown, Turkey Sausage, Mandarin Oranges</p>	<p>8</p> <p>Entrées: Flatbread Pizza</p> <p>Minestrone Soup & Sandwich</p> <p>Sides: Steamed Carrots, Diced Peaches</p>
<p>11</p> <p>Entrées: Hot Dog Bar—Choice of Toppings Hummus Pizza</p> <p>Broccoli & Cheese Soup & Sandwich</p> <p>Sides: Steamed Broccoli, Fruit Cocktail</p>	<p>12</p> <p>Entrées: Meatball Sandwich Hummus w/Pita</p> <p>French Onion Soup & Sandwich</p> <p>Sides: Steamed Peas, Diced Peas</p>	<p>13</p> <p>Entrées: Chicken Nuggets Falafel</p> <p>Italian Wedding Soup & Sandwich</p> <p>Sides: Steamed Green Beans, Applesauce</p>	<p>14</p>  <p>Entrées: Fish Sticks Mini Pierogies</p> <p>Chicken Poblano Soup & Sandwich</p> <p>Sides: Steamed Corn, Pineapple Tidbits</p>	<p>15</p> <p>SCHOOL CLOSED</p>  <p>In-Service Day</p>
<p>18</p> <p>SCHOOL CLOSED</p>  <p>President's Day</p>	<p>19</p> <p>Entrées: Soft Shelled Taco Bean & Cheese Burrito</p> <p>N.E. Clam Chowder & Sandwich</p> <p>Sides: Lettuce, Tomato, Sour Cream, Salsa, Brown Rice, Diced Peas</p>	<p>20</p> <p>Entrées: Cheesesteak Sandwich Eggplant Parmesan</p> <p>Butternut Squash & Apple Soup & Sandwich</p> <p>Sides: French Fries, Applesauce</p>	<p>21</p> <p>Entrées: Academy Burger Black Bean Burger</p> <p>Italian Wedding Soup & Sandwich</p> <p>Sides: Steamed Corn, Diced Peaches</p>	<p>22</p> <p>Entrées: Flatbread Pizza</p> <p>Chicken & Rice Soup & Sandwich</p> <p>Sides: Steamed Broccoli, Mandarin Oranges</p>
<p>25</p> <p>Entrées: Salisbury Steak Vegetarian Stuffed Pepper</p> <p>Red Pepper & Gouda Soup & Sandwich</p> <p>Sides: Mashed Potatoes, Fruit Cocktail</p>	<p>26</p> <p>Entrées: Grilled Cheese Sandwich Tomato Soup</p> <p>Tomato & Basil Soup & Sandwich</p> <p>Sides: Applesauce</p>	<p>27</p> <p>Entrées: Macaroni & Cheese General Tso's Chicken over Rice</p> <p>Minestrone Soup & Sandwich</p> <p>Sides: Steamed Stir Fry Veggies, Mandarin Oranges</p>	<p>28</p> <p>Entrées: Pasta w/Marinara, Meat or Alfredo Sauce</p> <p>Vegetable Soup & Sandwich</p> <p>Sides: Steamed Carrots, Diced Peaches</p>	<p>March 1</p> <p>Entrées: Pizza Sticks Ham, Bacon, Cheddar Quiche</p> <p>Red Pepper & Gouda Soup & Sandwich</p> <p>Sides: Steamed Peas, Diced Peas</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?