

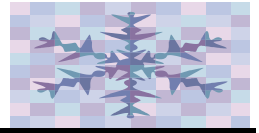












December 2017

The Harrisburg Academy Lunch Menu

Have a safe and happy winter break.

We will see you in 2018



Mon	Tue	Wed	Thu	Fri
<p>4</p> <p>Entrées: Lasagna Veggie Lasagna</p> <p>Chicken Noodle Soup & Sandwich</p> <p>Sides: Steamed Carrots, Diced Pears</p>	<p>5</p> <p>Entrées: French Toast Scrambled Eggs</p> <p>Vegetable Soup & Sandwich</p> <p>Sides: Hash Brown, Turkey Sausage, Mandarin Oranges</p>	<p>6</p> <p>Entrées: Ham & Cheese Pretzelwich Cheese Pretzelwich</p> <p>N.E. Clam Chowder & Sandwich</p> <p>Sides: French Fries, Applesauce</p>	<p>7</p> <p>Entrées: Soft Shelled Taco Bean & Cheese Burrito</p> <p>Cream of Asparagus Soup & Sandwich</p> <p>Sides: Lettuce, Tomato, Sour Cream, Salsa, Brown Rice, Diced Peaches</p>	<p>8</p> <p>Entrées: Pizza Sticks Bacon & Cheddar Quiche</p> <p>Chicken & Rice Soup & Sandwich</p> <p>Sides: Brussel Sprouts, Pineapple Tidbits</p>
<p>11</p> <p>Entrées: Spiral Pasta w/Marinara, Meat Sauce, or Alfredo</p> <p>Apple & Butternut Squash Soup & Sandwich</p> <p>Sides: Steamed Peas, Mixed Fruit</p>	<p>12 Holiday Dinner</p> <p>Entrées: Ham (turkey ham) Slices Lemon Pepper Fish</p> <p>Sides: Scalloped Potatoes, Green Beans, Dinner Roll, Sweet Potatoes, Cranberry Sauce</p>	<p>13</p> <p>Entrées: Flatbread Pizza</p> <p>Minestrone Soup & Sandwich</p> <p>Sides: Steamed Edamame, Diced Pears</p>	<p>14</p> <p>Entrées: Macaroni & Cheese Balsamic Chicken Wrap</p> <p>Italian Wedding Soup & Sandwich</p> <p>Sides: Steamed Broccoli, Mandarin Oranges</p>	<p>15</p> <p>Entrées: Academy Burger Black Bean Burger</p> <p>French Onion Soup & Sandwich</p> <p>Sides: Steamed Carrots, Applesauce</p>
<p>18 Winter Break</p> 	<p>19 Winter Break</p> 	<p>20 Winter Break</p> 	<p>21 Winter Break</p> 	<p>22 Winter Break</p> 
<p>25 Winter Break</p> 	<p>26 Winter Break</p> 	<p>27 Winter Break</p> 	<p>28 Winter Break</p> 	<p>29 Winter Break</p> 

Fun Food Facts:

1. The fear of cooking is known as Mageirocophobia and is a recognized phobia.
2. The fear of vegetables is called Lachanophobia.
3. In the United States, lettuce is the second most popular fresh vegetable.
4. Grape growing is the largest food industry in the world as there are more than 60 species and 8000 varieties of grapes.