



# SEPTEMBER | 2018

## *Bark River Harris - Lunch Menu*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> Labor Day  No School	<b>4</b> Hot Dog on a Bun (Ketchup and Mustard) WG Cheez its Baked Beans Diced Peaches Skim Milk	<b>5</b> Taco Salad (chips, meat, lettuce, cheese, tomato, sour cream) Fresh Broccoli and Cauliflower / Dip Applesauce Cup Milk	<b>6</b> Popcorn Chicken Mashed Potatoes w/ gravy Fresh Carrots Apple Slices Milk	<b>7</b> Pepperoni Pizza Whole Kernel Corn Fresh Grapes Slushie Cup Milk
<b>10</b> Pizza Calzone Whole Kernel Corn Diced Peaches 100 Cal Oreo Skim Milk	<b>11</b> Chicken Strips Mashed Potatoes w/ Gravy Fresh Cucumbers Diced Pears Skim Milk	<b>12</b> Sloppy Joes Cheese Stick California Blend Vegetables Fresh Banana Skim Milk	<b>13</b> French toast Sticks Syrup Sausage Links Carrot Sticks Apple Slices Skim Milk	<b>14</b> Bosco Sticks Marinara Sauce Green Beans Fruit Cocktail Skim Milk
<b>17</b> Beefy Cheesy Nachos (Chips, Meat, Cheese Sauce) Fresh Broccoli / Dip Applesauce Cup Skim Milk	<b>18</b> Sub Sandwich (Meat, Cheese, Lettuce, Tomato, Pickles, Mayo) Green Beans Diced Pears Cookie Skim Milk	<b>19</b> Beef Tips over Mashed Potatoes WG Dinner Rolls Fresh Grapes Skim Milk	<b>20</b> Chicken Sandwich Potato Rounds Fresh Carrot Sticks Mandarin Oranges Skim Milk	<b>21</b> Pepperoni Pizza Sugar Snap Peas Diced Peaches Slushie Cup Skim Milk
<b>24</b> Hamburger or Cheeseburger Potato Cheese Munchers Whole Kernel Corn Diced Peaches Skim Milk	<b>25</b> Chicken Drumsticks Mashed Potatoes w/ Gravy Green Peas Applesauce Cup Skim Milk	<b>26</b> Ham and Potato Hot Dish Wheat Dinner Roll Fresh Carrot Sticks Mandarin Oranges Skim Milk	<b>27</b> Sweet and Sour Chicken Over Rice Oriental Vegetables Fresh Pineapple Fortune Cookie Skim Milk	<b>28</b> Bosco Sticks Marinara Sauce California Blend Vegetables Fresh Orange Slices Skim Milk

**News**  
**Welcome Back!!**

**Lunch Prices:**  
**7<sup>th</sup> – 12<sup>th</sup> grade - \$3.00**  
**Reduced Price - \$0.40**

**All Students that are in  
Kindergarten through  
6<sup>th</sup> grades are able to  
eat a Free Healthy  
Lunch!!**

**All students 7<sup>th</sup> grade  
through 12<sup>th</sup> grade  
please remember to fill  
out the free and  
reduced lunch  
applications for this  
school year.**