

Harrisburg High School and Middle School

April Gluten Free Lunch Menu



	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Everyday</i>
<i>The Diner</i>						<i>Café Fresh</i>
<i>Week of 4/3</i>	Sweet & Sour Chicken Rice Stir Fry Vegetables	BBQ Pulled Pork Sandwich Baked Beans	Spaghetti & Meatsauce Green Beans	Beef Tacos with corn tortillas California Blend	Grilled Chicken Burger Sweet Potato Puffs	Chef Salad Grilled Chicken Salad Every meal comes with the Fruit & Vegetable Bar and milk.
<i>Week of 4/10</i>	Hamburger or Cheeseburger Steamed Cauliflower	Nacho Grande Taco Fiesta Black Beans	Sweet & Sassy BBQ Rib Sandwich Steamed Corn	French Dip Wedge Cut Fries		Lunch Meal Prices Elementary \$2.65 Middle School \$2.80 High School \$3.00 Adult \$3.60 Extra Entrée \$1.30 Extra Milk \$0.40
<i>Week of 4/17</i>		Tatchos (Nacho Grande with tater tots instead of chips) Refried Beans	Chicken Alfredo Steamed Broccoli	Hot Dog Steamed Peas	Grilled Chicken Burger California Blend	
<i>Week of 4/24</i>	Hamburger or Cheeseburger Baked Beans	Pepperoni Pizza Tri Tator	Sweet & Sour Chicken Noodle Bowl Stir Fry Vegetables	Walking Tacos Steamed Vegetables	Turkey Sub Sandwich Steamed Corn	Any questions, comments or concerns Chris Beach 607-743-9031 chris.beach@k12.sd.us