


Harrisburg High School and Middle School Aug & Sept Gluten Free Lunch Menu



	Monday	Tuesday	Wednesday	Thursday	Friday	Everyday
The Diner						Café Fresh
Week of 8/21				Hamburger or Cheeseburger Corn	Hot Dog Steamed Broccoli	Chef Salad ♦ Grilled Chicken Salad
Week of 8/28	Pulled Pork Sandwich ♦ Baked Beans	Walking Tacos Steamed Cauliflower	Spaghetti & Meatsauce Steamed Green Beans	Philly Cheese Steak Sandwich Wedge Cut Fries	Grilled Chicken Burger Steamed California Blend	Every meal comes with the Fruit & Vegetable Bar and milk.
Week of 9/4		Chicken Nuggets Taco Fiesta Black Beans	Sweet & Sassy BBQ Rib Sandwich ♦ Steamed Corn	Hot Dog Sweet Potato Fries	Pepperoni Pizza Steamed Broccoli	Lunch Meal Prices Elementary \$2.75 Middle School \$2.95 High School \$3.05 Adult \$3.60 Extra Entrée \$1.35 Extra Milk \$0.40
Week of 9/11	Hot Dog Refried Beans	Breakfast 4 Lunch Waffles Sausage ♦ Tri Tator	Chicken Alfredo Steamed Broccoli	Sweet & Sour Chicken Rice Stir Fry Vegetables	Cheese Pizza Steamed Cauliflower	♦ = May contain pork.
Week of 9/18	Tiger Bowl with GF Chicken Nuggets Steamed Corn	Nacho Grande Cajun Red Beans ♦	Sweet & Sassy BBQ Rib Sandwich ♦ Steamed Carrot Coins	Hot Ham & Cheese Sandwich French Fries	Sack Lunch Turkey Sandwich Chips Carrots & Apple Slices Milk	Any questions, comments or concerns Chris Beach 607-743-9031 chris.beach@k12.sd.us
Week of 9/25	Pulled Pork Sandwich ♦ Baked Beans	Walking Tacos Steamed Cauliflower	Spaghetti & Meatsauce Steamed Green Beans	Philly Cheese Steak Sandwich Wedge Cut Fries	Grilled Chicken Burger Steamed California Blend	