



November 2021

Harrison High School – Lunch Menu

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

1 2 3 4 5

Hot Food Station, First Meal Free; Second Meal \$2.75 Lunch Adults \$4.78 + Tax
Enjoy the taste of homemade-quality meals from our daily hot food station!

| | | | | |
|---|------------------------------|----------------------------------|--|--|
| Honey Glazed Roast Chicken Yellow Rice | Turkey w Gravy and Cornbread | Chicken Francaise Penne Pasta | Vegetable Lasagna Rolls Garlic Bread | General Tso's Chicken Vegetable Fried Rice |
|---|------------------------------|----------------------------------|--|--|

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| | | | | |
|---|--|--|--|---|
| <u>Enchilada Bar</u> Beef, Chicken or Cheese enchilada with Salsa & Sour Cream | <u>Pasta Bar:</u> Penne Or Spaghetti Marinara, Meat Sauce or Chicken Broccoli Alfredo | <u>Burger Bar</u> Beef, Turkey or Vegetable Burger Choices of Cheeses And Toppings | <u>Grilled Cheese Bar</u> Choice of Cheese; Triple Decker Grilled Cheese Tomato | <u>Belgian Waffle Bar</u> Sausage Patty Hash Browns Blueberry Compote Cinnamon Apple Slices |
|---|--|--|--|---|

Deli/Salad Bar Station, First Meal Free; Second Meal \$2.75 Lunch Adults \$5.78 + Tax
Customize any of our sandwiches or salads to your exact liking! We will feature daily specials.*
**Served with Bread/Grain.*

| | | | | |
|-----------------------|--------------------------|---|-------------|---------------------|
| Honey Mustard Chicken | Egg Salad Red Onion Wrap | Greek Vegetable Wrap Red Onion, Black Olives, Feta Cheese | BBQ Chicken | Chicken Caesar Wrap |
|-----------------------|--------------------------|---|-------------|---------------------|

Pizza Station, First Meal Free; Second Meal \$2.75 Lunch Adults \$4.78 + Tax
In addition to regular cheese pizza, we now feature specialty pies, including:

| | | | | |
|---------|----------|-----------------|-----------------|-----------------|
| Spinach | Mushroom | Italian Sausage | Buffalo Chicken | Garlic Broccoli |
|---------|----------|-----------------|-----------------|-----------------|

Daily Vegetable & Fruit* Selections
**We offer a fruit of the day (see below) along with additional fresh, canned or juice selections.*

| | | | | |
|---|---|--|---|--|
| Baby Carrots Romaine Salad Sautéed Green Beans Pineapple Cup Pear | Mashed Potatoes Tomato Salad Broccoli and Garlic Pineapple Cup Applesauce | Chickpea Salad Green Leaf Salad Melon Cup Peach Cup | Fresh Green Salad Carrot Sticks Sautéed Spinach Melon Cup Peaches | Cucumber Slices 3 Bean Salad Sautéed Broccoli Pineapple Cup Pear |
|---|---|--|---|--|



Please note: School lunch is free for all students this year! (First Meal Only)



Regardless of portion size, the FSMC is responsible for meeting all requirements under the Final Rule Nutrition Standards in the National School Lunch and School Breakfast Programs. This includes min-max calories, saturated fat and sodium along with specific component offerings for all fruits, vegetables, grains, meat/meat alternates and milk. This institution is an equal opportunity provider and employer.

**If you have any questions or comments, please call the Food Service Department at 914-630-3114.
Christine Clementz RD, CDN**

More Info...
All Lunches Include:
 Entrée, Bread/Grain, Vegetable, Fruit/Juice (Two Fruit Selections Daily) and Choice of 1% White or Fat-Free White or Chocolate Milk. *Hormone and Antibiotic-Free Milk Offered with all Lunch Meals.*

First Meal Free!
Second Meal Price
 Student: \$2.75

Adult: \$4.78+tax
 Deli/Salad Adult: \$5.78+tax

Served Daily
 Cheese or Pepperoni Pizza
 Made to Order Deli Bar
 Made to Order Salad Bar

Food Allergies? Please Speak to Your Server, Chef or Manager.



We are happy to announce that the Java City kiosk is now open for business in the high school cafeteria. Delicious hot and cold beverages, along with light bites, will be offered daily*.
 *À la carte only.

Menus are subject to change without notice.






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MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

8 9 10 11 12


Hot Food Station, First Meal Free; Second Meal \$2.75 Lunch Adults \$4.78+ Tax
Enjoy the taste of homemade-quality meals from our daily hot food station!

| | | | | |
|----------------------------------|---|---|--|----------------------------|
| Chicken Parmesan Garlic Bread | Pasta w Meat Sauce Sliced French Bread | Turkey Nacho w Salsa, Sour Cream and Shredded Cheddar Cheese |  VETERANS DAY HONORING ALL WHO SERVED | Philly Cheesesteak Hero |
|----------------------------------|---|---|--|----------------------------|

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| | | | | |
|--|---|--|--|--|
| <u>Mac and Cheese Bar</u> Top your Mac and Cheese Bacon, Broccoli, Buffalo Chicken | <u>Nacho Bar</u> Chicken, Cheese, Beef Nacho Chips Lettuce Tomato | <u>Burger Bar</u> Beef, Turkey or Vegetable Burger Choices of Cheeses And Toppings |  VETERANS DAY HONORING ALL WHO SERVED | <u>Brunch for Lunch Bar</u> Texas French Toast Scrambled Egg |
|--|---|--|--|--|

Deli/Salad Bar Station, First Meal Free; Second Meal \$2.75 Lunch Adults \$5.78+ Tax
Customize any of our sandwiches or salads to your exact liking! We will feature daily specials.*
 *Served with Bread/Grain.


| | | | | |
|---------------------|---|-------------------|--|------------|
| Chicken Caesar Wrap | Pesto & Roasted Red Peppers w Mozzarella | Cheese Quesadilla |  VETERANS DAY HONORING ALL WHO SERVED | Greek Wrap |
|---------------------|---|-------------------|--|------------|

Pizza Station, First Meal Free; Second Meal \$2.75 Lunch Adults \$4.78 + Tax
In addition to regular cheese pizza, we now feature specialty pies, including:

| | | | | |
|----------|-------------|-------------------------|--|-----------|
| Broccoli | White Pizza | Red Peppers & Onions | | Mushrooms |
|----------|-------------|-------------------------|--|-----------|

Daily Vegetable & Fruit* Selections
**We offer a fruit of the day (see below) along with additional fresh, canned or juice selections.*

| | | | | |
|---|---|---|--|---|
| Zucchini Tomato Salad Sautéed Spinach Melon Cup Peaches | Chickpea Salad Caesar Salad Mixed Fruit Banana | Steamed Corn Sweet Potato Fries Apple Slices Orange Wedges |  VETERANS DAY HONORING ALL WHO SERVED | Sauteed Red Peppers Broccoli Watermelon Sliced Berry Cup |
|---|---|---|--|---|

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More Info...
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 Entrée, Bread/Grain,
 Vegetable, Fruit/Juice
 (Two Fruit Selections
 Daily) and Choice of
 1% White or Fat-Free
 White or Chocolate
 Milk. *Hormone and
 Antibiotic-Free Milk
 Offered with all Lunch
 Meals.*

First Meal Free!
Second Meal Price
 Student: \$2.75
 Adult: \$4.78+tax
 Deli/Salad: Student
 \$3.75
 Deli/Salad Adult:
 \$5.78+tax

Served Daily
 Cheese or Pepperoni
 Pizza
 Made to Order Deli Bar
 Made to Order Salad
 Bar
 Food Allergies? Please
 Speak to Your Server,
 Chef or Manager.



We are happy to announce
 that the Java City kiosk is
 now open for business in
 the high school cafeteria.
 Delicious hot and cold
 beverages, along with light
 bites, will be offered
 daily*.
 *À la carte only.



Regardless of portion size, the FSMC is responsible for meeting all requirements under the Final Rule Nutrition Standards in the National School Lunch and School Breakfast Programs. This includes min-max calories, saturated fat and sodium along with specific component offerings for all fruits, vegetables, grains, meat/meat alternates and milk. This institution is an equal opportunity provider and employer.

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15 16 17 18 19

Hot Food Station, First Meal Free; Second Meal \$2.75 Lunch Adults \$4.78 + Tax
Enjoy the taste of homemade-quality meals from our daily hot food station!

| | | | | |
|--|----------------|------------------------|---------------------|---|
| Twin Tacos with Seasoned Turkey And Rice | Meatball Wedge | Chicken Picatta w Orzo | Beef Burrito W Rice | Herb Roast Turkey Herbed Stuffing Mashed Potatoes Gravy |
|--|----------------|------------------------|---------------------|---|

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| | | | | |
|---|--|---|--|--|
| Pasta Bar Pasta with Marinara or Meat Sauce | Grilled Cheese Bar Ham, Swiss, Pickle and Mustard in a Warm Roll | Burger Bar Beef, Turkey or Vegetable Burger Choices of Cheeses And Toppings | Belgian Waffle Bar Waffles with Sausage and assorted Toppings. Cinnamon Apple Blue Berry Compote | Quesadilla Bar Chicken or Cheese Quesadilla Salsa & Sour Cream |
|---|--|---|--|--|

Deli/Salad Bar Station, First Meal Free; Second Meal \$2.75 Lunch Adults \$5.78 + Tax
Customize any of our sandwiches or salads to your exact liking! We will feature daily specials.*
 *Served with Bread/Grain.

| | | | | |
|--------------------------------|----------------------------|---------------------------------|---------------------------------------|------------------------------|
| Spicy Sliced Chicken On a Roll | Tuna Salad and Cheese Wrap | Hummus Cucumber Red Pepper Wrap | Turkey Club w Bacon, Lettuce & Tomato | Chicken Salad Red Onion Wrap |
|--------------------------------|----------------------------|---------------------------------|---------------------------------------|------------------------------|

Pizza Station, First Meal Free; Second Meal \$2.75 Lunch Adults \$4.78 + Tax
In addition to regular cheese pizza, we now feature specialty pies, including:

| | | | | |
|-------------------|---------------------|-----------------|-------------|-----------------|
| Garlic & Broccoli | Chicken Bacon Ranch | Buffalo Chicken | White Pizza | Italian Sausage |
|-------------------|---------------------|-----------------|-------------|-----------------|

Daily Vegetable & Fruit* Selections
**We offer a fruit of the day (see below) along with additional fresh, canned or juice selections.*

| | | | | |
|---|---|--|--|---|
| Black Bean Salad Sautéed Spinach Tomato Salad Melon Cup Peach Cup | Grilled Zucchini Green Leaf Salad Apple Slices Mixed Fruit Cup | Baked Fries Steamed Broccoli Pineapple Cup Applesauce | Hash Browns Romaine Salad Sweet Potato Fries Green Beans Peaches Watermelon | Corn Baked Sweet Potato Fresh Apple Glazed Carrots Pineapple Pears |
|---|---|--|--|---|



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Second Meal Price
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Adult: \$4.78+tax
 Deli/Salad Adult: \$5.78+tax

Served Daily
 Cheese or Pepperoni Pizza
 Made to Order Deli Bar
 Made to Order Salad Bar

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Enjoy the taste of homemade-quality meals from our daily hot food station!

| | | | |
|---|---|-----------------------------|--|
| Chicken Meatballs with Penne & Marinara Garlic Bread | Macaroni & Cheese Whole Grain Dinner Roll | Early Dismissal No Lunch | |
|---|---|-----------------------------|--|

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| | | | |
|---|---|-----------------------------|--|
| <u>Fajita Bar</u> Chicken Fajita With Rice | <u>BLT Bar</u> Chicken, Turkey Lettuce and Tomato Mayo, Spicy Mayo | Early Dismissal No Lunch | |
|---|---|-----------------------------|--|

Deli/Salad Bar Station, First Meal Free; Second Meal \$2.75 Lunch Adults \$5.78 + Tax
Customize any of our sandwiches or salads to your exact liking! We will feature daily specials.*
 *Served with Bread/Grain.

| | | | |
|--------------------------|-----------------|-----------------------------|--|
| Turkey Roll w Spicy Mayo | Buffalo Chicken | Early Dismissal No Lunch | |
|--------------------------|-----------------|-----------------------------|--|

Pizza Station, First Meal Free; Second Meal \$2.75 Lunch Adults \$4.78 + Tax
In addition to regular cheese pizza, we now feature specialty pies, including:

| | | | |
|-----------------|----------|--|--|
| Pineapple & Ham | Meatball | | |
|-----------------|----------|--|--|

Daily Vegetable & Fruit* Selections
**We offer a fruit of the day (see below) along with additional fresh, canned or juice selections.*

| | | | |
|--|--|-----------------------------|--|
| Garden Salad Green Beans Steamed Carrots Sliced Apples Peaches | Spinach Salad Tomato Salad Cucumber Coins Watermelon Pineapple | Early Dismissal No Lunch | |
|--|--|-----------------------------|--|

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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

29

30

Hot Food Station, First Meal Free; Second Meal \$2.75 Lunch Adults \$4.78 + Tax
Enjoy the taste of homemade-quality meals from our daily hot food station!

Brunch For Lunch
 French Toast Sticks
 Syrup

Turkey w Gravy and
 Cornbread

Hot Food Station, First Meal Free; Second Meal \$2.75 Lunch Adults \$4.78 + Tax
Enjoy the taste of homemade-quality meals from our daily hot food station!

Mac and Cheese Bar
 Mac and Cheese
 Two Sauces
 Lots of Toppings

Pasta Bar: Penne Or
 Spaghetti
 Marinara, Meat Sauce or
 Chicken Broccoli Alfredo

Deli/Salad Bar Station, First Meal Free; Second Meal \$2.75 Lunch Adults \$5.78 + Tax
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 *Served with Bread/Grain.

Honey Mustard Chicken

Egg Salad Red
 Onion Wrap

Pizza Station, First Meal Free; Second Meal \$2.75 Lunch Adults \$4.78 + Tax
In addition to regular cheese pizza, we now feature specialty pies, including:

Spinach

Mushroom

Daily Vegetable & Fruit* Selections
 *We offer a fruit of the day (see below) along with additional fresh, canned or juice selections.

Baby Carrots
 Romaine Salad
 Sautéed Green
 Beans
 Pineapple Cup
 Pear

Mashed Potatoes
 Tomato Salad
 Broccoli and Garlic
 Roast Zucchini
 Pineapple Cup
 Applesauce



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Served Daily
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 Pizza
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