

Free Day!

*Please note only on “Free Days” the first meal will be free to all students and only apply to a full breakfast and lunch meal. Any a la carte items such as snacks, drinks and seconds must still be paid for.

HARRISON HIGH SCHOOL BREAKFAST MENU



Meal Price– \$1.50 Daily Menu*

Will be served from 8:15AM-8:50AM

[Student Breakfast](#)

Breakfast Includes:

Entrée, Fruit, Juice and Choice of 1% White or Fat-Free White or Chocolate Milk.

AVAILABLE DAILY

Assorted Muffins, Cold Cereals, Assorted Yogurt Parfait & Whole Grain Bagels**

The Breakfast Fare is Prepared with Little or No Added Fat, Sugar or Salt.

* Students Must Choose Three of the Four Food Items Offered at Breakfast to Receive the Special Meal Price (Note: One Must Be Fruit). All meals come with half pint of milk.

\$2.71+ Tax – Adult Breakfast

\$5.03 + Tax– Adult Lunch

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Free Day! Whole Grain Donut Applesauce Cup Orange	3 Whole Grain Muffin Graham Crackers Apple Pear	4 Yogurt and Fruit Bar Granola Topping Peaches or Pear Orange	5 Whole Grain Bagel Cream Cheese or Butter Pear Fresh Apple	6 Choice of Whole Grain Cereal Graham Crackers Applesauce Peach Cup
9 Whole Grain Donut Applesauce Cup Orange	10 Free Day! Whole Grain Muffin Graham Crackers Apple Pear	11 Yogurt and Fruit Bar Granola Topping Peaches or Pear Orange	12 Whole Grain Bagel Cream Cheese or Butter Pear Fresh Apple	13 Choice of Whole Grain Cereal Graham Crackers Applesauce Peach Cup

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. Menu subject to change.