



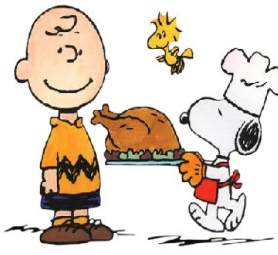




# November 2017

## The Harrisburg Academy Lunch Menu

Good family, good fortune, good friends, good health—  
whatever it may be, remember to give thanks.



Mon	Tue	Wed	Thu	Fri
<p>6</p> <p><b>Entrées:</b> Baked Potato w/Toppings Corn Dogs</p> <p>Chicken Noodle Soup &amp; Sandwich</p> <p><b>Sides:</b> Steamed Broccoli, Diced Pears</p>	<p>7</p> <p><b>Entrées:</b> Fish Nuggets Mini Pierogies</p> <p>Minestrone Soup &amp; Sandwich</p> <p><b>Sides:</b> Steamed Green Beans, Diced Peaches</p>	<p>8</p> <p><b>Entrées:</b> Soft Shelled Taco Bean &amp; Cheese Burrito</p> <p>French Onion Soup &amp; Sandwich</p> <p><b>Sides:</b> Lettuce, Tomato, Sour Cream, Salsa, Brown Rice, Diced Pineapples</p>	<p>9</p> <p><b>Entrées:</b> Cheesesteak Sandwich Mushroom &amp; Swiss Quiche</p> <p>Vegetable Soup &amp; Sandwich</p> <p><b>Sides:</b> Steamed Peas, Mandarin Oranges</p>	<p>10</p> <p><b>Veteran's Day</b></p>  <p><b>Parent Conferences</b></p>
<p>13</p> <p><b>Entrées:</b> Spiral Pasta w/Marinara or Meat Sauce</p> <p>Italian Wedding Soup &amp; Sandwich</p> <p><b>Sides:</b> Steamed Peas, Fruit Cocktail</p>	<p>14 <b>Thanksgiving Dinner</b></p> <p><b>Entrées:</b> Roasted Turkey &amp; Gravy Lemon Pepper Fish</p> <p><b>Sides:</b> Mashed Potatoes, Corn, Sweet Potatoes, Dinner Rolls, Cranberry Sauce</p>	<p>15</p> <p><b>Entrées:</b> Flatbread Pizza Hot Dog</p> <p>Red Pepper Gouda Soup &amp; Sandwich</p> <p><b>Sides:</b> Steamed Carrots, Applesauce</p>	<p>16</p> <p><b>Entrées:</b> Baked Chicken Southwest Wrap (Pepper Jack Cheese, Black Beans, Rice, Mexi-Ranch Dressing)</p> <p>Minestrone Soup &amp; Sandwich</p> <p><b>Sides:</b> Steamed Broccoli, Mandarin Oranges</p>	<p>17</p> <p><b>Entrées:</b> Academy Burger Black Bean Burger</p> <p>Chicken Rice Soup &amp; Sandwich</p> <p><b>Sides:</b> French Fries, Diced Pineapples</p>
<p>20</p> <p><b>Entrées:</b> Meatball Sandwich Mango Wrap (<i>Jack Cheese, Black Beans, Cilantro Lime Rice, Mango</i>)</p> <p>Chicken Poblano Soup &amp; Sandwich</p> <p><b>Sides:</b> Steamed Corn, Fruit Cocktail</p>	<p>21</p> <p><b>Entrées:</b> Chicken Patty Sandwich Broccoli &amp; Cheese Quiche</p> <p>Cream of Asparagus Soup &amp; Sandwich</p> <p><b>Sides:</b> Roasted Brussel Sprouts, Diced Pears</p>	<p>22 <b>Thanksgiving Break</b></p> 	<p>23 <b>Thanksgiving</b></p> 	<p>24 <b>Thanksgiving Break</b></p> 
<p>27</p> <p><b>SCHOOL CLOSED</b></p>  <p><b>In-Service Day</b></p>	<p>28</p> <p><b>Entrées:</b> Grilled Cheese Tomato Soup</p> <p>Tomato Basil Soup &amp; Sandwich</p> <p><b>Sides:</b> Pineapple Tidbits</p>	<p>29</p> <p><b>Entrées:</b> Flatbread Pizza Spicy Chicken Wrap</p> <p>Vegetable Soup &amp; Sandwich</p> <p><b>Sides:</b> Steamed Green Beans, Applesauce</p>	<p>30</p> <p><b>Entrées:</b> Macaroni &amp; Cheese BLT Wrap w/Chipotle Aioli</p> <p>Italian Wedding Soup &amp; Sandwich</p> <p><b>Sides:</b> Steamed Peas, Fruit Cocktail</p>	<p>Dec. 1</p> <p><b>Entrées:</b> Chicken Nuggets Falafel w/Toppings</p> <p>N.E. Clam Chowder &amp; Sandwich</p> <p><b>Sides:</b> Steamed Edamame, Orange Slices</p>

“Cookery is not chemistry. It is an art. It requires instinct and taste rather than exact measurements.”

- Marcel Boulestin