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.

Food Service Director – Julia Lindblad

**Harrison High School Lunch Menu – April 1st-5th 2019**

### Hot Food Station, $2.75 Lunch
*Enjoy the taste of homemade-quality meals from our daily hot food station!*

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>April 1st, 2019</td>
<td>April 2nd, 2019</td>
<td>April 3rd, 2019</td>
<td>April 4th, 2019</td>
<td>April 5th, 2019</td>
</tr>
<tr>
<td>BBQ Chicken Calzone W/Potato Puffs</td>
<td>Macaroni &amp; Cheese W/ Italian Bread</td>
<td>BBQ Chicken Wings Buttered Noodles</td>
<td>Grilled American Cheese Sandwich w/Tomato Or Turkey Bacon w/Fries</td>
<td>Spicy Szechuan Chicken W/Brown Rice</td>
</tr>
</tbody>
</table>

### Deli/Salad Bar Station, $3.75 Lunch
*Customize any of our sandwiches or salads* to your exact liking! We will feature daily specials.

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Roasted Vegetable Salad W/Turkey</td>
<td>Greek Salad W/Tzaziki Dressing &amp; Chicken</td>
<td>Spicy Chicken Salad</td>
<td>The Vegetable of the Week is…</td>
<td>Chicken Caesar Salad</td>
</tr>
<tr>
<td>Chicken Melt Wrap w/Lettuce and Tomato</td>
<td>Spicy Chicken Salad W/Breadstick</td>
<td>Antipasti Platter W/Breadstick</td>
<td>Red Onion Try it on Your Favorite Sandwich or Salad!!</td>
<td>Turkey &amp; Cheddar Panini w/Turkey Bacon</td>
</tr>
</tbody>
</table>

### Rotating Food Bar, $2.75 Lunch
*Enjoy food stations that are themed around your favorite foods!*

### Asian Bar
- Sweet N’ Sour Chicken Or Beef Str Fry Vegetarian Fried Rice, Lo Mein

### Mix Up
- Chicken Tenders OR BBQ Chicken Served W/French Fries
- Ravioli W/Red Sauce, Spaghetti W/Meat Sauce or Eggplant Rollini Served W/Garlic Knot

### Mexican Bar
- Build Your Own Nachos with Beef, Beans or Diced Chicken. Served with Cilantro Lime Rice.
- Cherry Tomato Cup Garden Salad Fresh Fruit Cup Grapes

### Italian Bar
- Roasted Poatoes Lemon Glazed Carrots Caesar Salad Banana Strawberry Cup

### America’s Favorites Bar
- Hamburger, Turkey Burger or Veggie Burger On A Bun W/ All The Fixings

### Pizza Station, $2.75 Lunch
*In addition to regular cheese pizza, we now feature specialty pies, including:

- Spinach Pizza
- White Pizza
- Roasted Vegetable Pizza
- Sausage Pizza
- Pepperoni Pizza

### Daily Vegetable & Fruit* Selections

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

- Red Pepper Strips Steamed Garlic Broccoli Tossed Salad Fruit Cocktail Applesauce
- French Fries Green Beans Spinach Salad Apple Sauce Banana
- Pan Seared Sweet Corn Black Beans Mixed Green Salad Diced Peaches, Pear Cup
- French Fries String Beans Cherry Tomato Cup Garden Salad Fresh Fruit Cup Grapes
- Roasted Poatoes Lemon Glazed Carrots Caesar Salad Banana Strawberry Cup

*À la carte only.

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We are happy to announce that the Java City kiosk & Lead Dog Cafe is now open for business in the high school cafeteria. Delicious hot and cold beverages, along with light bites, will be offered daily* at Java City & Sushi. Hot Sandwiches and Soft Drinks Available At Lead Dog Café! Lead Dog Café Open 2:45p-4p**

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

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Menus are subject to change without notice.

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Harrison High School Lunch Menu – April 1st-5th 2019

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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Food Service Director – Julia Lindblad
# Harrison High School – Lunch Menu

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>April 8th, 2019</td>
<td>April 9th, 2019</td>
<td>April 10th, 2019</td>
<td>April 11th, 2019</td>
<td>April 12th, 2019</td>
</tr>
</tbody>
</table>

**Hot Food Station, $2.75 Lunch**
Enjoy the taste of homemade-quality meals from our daily hot food station!

- **Philly Cheesesteak Hero** W/Sautéed Onions & Peppers
- **CARVING STATION**
  - Roasted Chicken W/Buttered Noodles
- **Chicken Patty On A Bun W/ Swiss Cheese**
- **London Broil W/WW Dinner Roll**
- **Chicken Cordon Bleu W/Garlic Bread**

**Deli/Salad Bar Station, $3.75 Lunch**
Customize any of our sandwiches or salads* to your exact liking! We will feature daily specials.
*Served with Bread/Grain.

- **Chicken Salad On Romaine**
- **The Vegetable of the Week is… Avocado**
- **Caesar Salad**
  - Grilled Chicken W/Bacon, Lettuce & Tomato On A Flatbread
- **Tuna Salad on Romaine w/Ranch Dressing**
- **Cobb Salad**
  - Turkey, Bacon & Avocado Wrap

**Rotating Food Bar, $2.75 Lunch**
Enjoy food stations that are themed around your favorite foods!

- **Macaroni & Cheese Bar**
  - Macaroni & Cheese W/Bacon OR Plain Baked Macaroni & Cheese
- **Pasta Bar**
  - Homemade Baked Ziti or Homemade Beef Lasagna served with Garlic Knot
- **Brunch For Lunch Bar**
  - Homemade Texas Toast OR Bacon Egg & Cheese On A Bagel Served W/Tots.
- **Chicken Drumstick Bar**
  - Three Fresh Chicken Drumsticks W/Choice Of Plain, BBQ OR Asian Sauces
- **Calzone Bar**
  - Pepperoni, Three Cheese OR BBQ Chicken Calzone Served W/French Fries

**Pizza Station, $2.75 Lunch**
In addition to regular cheese pizza, we now feature specialty pies, including:

- Broccoli Pizza
- Pepperoni Pizza
- Spinach Pizza
- Bacon & Onion Pizza
- Sausage Pizza

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

- Baked French Fries
- Three Bean Salad
- Roasted Cauliflower
- Garden Salad
- Peach Cup
- Banana
- Buttered Noodles
- Roasted Squash
- Spinach Salad
- Fruit Cocktail
- Applesauce
- Potato Puffs
  - Red Pepper Sticks
  - Broccoli
  - Tossed Salad
  - Strawberry Cup
  - Mixed Fruit
- Roasted Potato Wedges
  - Peas & Carrots
  - Cherry Tomato Cup
  - Spinach Salad
  - Kiwi
  - Peach Cup
- Mashed Potatoes
  - Baby Carrots
  - Caesar Salad
  - Pear Cup
  - Grapes

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Food Service Director – Julia Lindblad

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Menus are subject to change without notice.
**April 2019**

**Harrison High School – Lunch Menu**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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</thead>
<tbody>
<tr>
<td>April 22nd 2019</td>
<td>April 23rd 2019</td>
<td>April 24th 2019</td>
<td>April 25th 2019</td>
<td>April 26th 2019</td>
</tr>
<tr>
<td><strong>Hot Food Station, $2.75 Lunch</strong></td>
<td><strong>Deli/Salad Bar Station, $3.75 Lunch</strong></td>
<td><strong>Rotating Food Bar, $2.75 Lunch</strong></td>
<td><strong>Pizza Station, $2.75 Lunch</strong></td>
<td><em><em>Daily Vegetable &amp; Fruit</em> Selections</em>*</td>
</tr>
<tr>
<td>No School Today</td>
<td>BBQ Chicken Thighs Served W/ Cheesy Breadstick</td>
<td>BBQ Turkey Served W/ Dinner Roll</td>
<td>Chicken Stir Fry With Seasoned Rice</td>
<td>Spicy Chicken Patty On A Bun W/Mozzarella Cheese</td>
</tr>
<tr>
<td><strong>The Vegetable of the Week is…</strong></td>
<td><strong>Caesar Salad</strong></td>
<td><strong>Chicken Salad on Romaine w/Ranch Dressing</strong></td>
<td><strong>Cobb Salad</strong></td>
<td><strong>Avocado Wrap</strong></td>
</tr>
<tr>
<td>Avocado Try it on Your Favorite Sandwich or Salad…</td>
<td>Grilled Chicken W/Bacon, Lettuce &amp; Tomato Flatbread</td>
<td>Fajita Flatbread Fajita Chicken &amp; Mozzarella Cheese On A Flatbread</td>
<td>Turkey, Bacon &amp;</td>
<td></td>
</tr>
<tr>
<td><strong>Hormone and Antibiotic-Free Milk Offered with all Lunch Meals.</strong></td>
<td></td>
<td></td>
<td><strong>Served with Bread/Grain.</strong></td>
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</tr>
<tr>
<td><strong>In addition to regular cheese pizza, we now feature specialty pies, including:</strong></td>
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</tr>
<tr>
<td>No School Today</td>
<td>Pepperoni Pizza</td>
<td>Spinach Pizza</td>
<td>Bacon &amp; Onion Pizza</td>
<td>Sausage Pizza</td>
</tr>
<tr>
<td><strong>We offer a fruit of the day (see below) along with additional fresh, canned or juice selections.</strong></td>
<td></td>
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<td></td>
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</tr>
<tr>
<td>No School Today</td>
<td>Sweet Corn Spinach Salad Fruit Cocktail Applesauce</td>
<td>Baked Sweet Potato W/Cinnamon Red Pepper Sticks Three Bean Salad Strawberry Cup Mixed Fruit</td>
<td>Baked Vegetarian Beans Roasted Squash Cherry Tomato Cup Raisin Cup Peach Cup</td>
<td>Baby Carrots Caesar Salad Pear Cup Grapes</td>
</tr>
</tbody>
</table>

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

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**Harrison High School Lunch Menu April 22nd – 26th 2019**

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Food Service Director – Julia Lindblad

Harrison High School – Lunch Menu

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<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>April 29th, 2019</td>
<td>April 30th, 2019</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Hot Food Station, $2.75 Lunch</td>
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<tr>
<td>Enjoy the taste of homemade-quality meals from our daily hot food station!</td>
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<tr>
<td>Chicken Parmesan</td>
<td>Swedish Meatballs</td>
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<tr>
<td>Served W/Pasta &amp; Italian Bread</td>
<td>Served W/Egg Noodles</td>
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<td></td>
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<td></td>
<td></td>
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</tr>
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<td></td>
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<tr>
<td>Italian Salad</td>
<td>Chicken, Mozzarella on Romaine W/Ranch</td>
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<td></td>
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<tr>
<td>Mixed Greens W/Mozzarella, Grilled Chicken &amp; Roasted Red Pepper</td>
<td>Roasted Vegetable Wrap w/Feta &amp; Mixed Greens</td>
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<td></td>
<td></td>
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<tr>
<td>Tuna Melt Wrap</td>
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<td></td>
</tr>
<tr>
<td>Rotating Food Bar, $2.75 Lunch</td>
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<td></td>
<td></td>
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<td>Enjoy food stations that are themed around your favorite foods!</td>
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<td></td>
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<tr>
<td>Oriental Bar</td>
<td>Hamburger Bar</td>
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<tr>
<td>General Tsos Chicken, Steak Stir Fry, Vegetable Lo Mein &amp; Veggie Fried Rice</td>
<td>Build Your Own Hamburger, Cheeseburger OR Veggie Burger W/ Fixings &amp; Fries</td>
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<tr>
<td>Pizza Station, $2.75 Lunch</td>
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<td></td>
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</tr>
<tr>
<td>Three Cheese Pizza</td>
<td>Buffalo Chicken Pizza</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Daily Vegetable &amp; Fruit* Selections</td>
<td></td>
<td></td>
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</tr>
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<tr>
<td>String Beans</td>
<td>Roasted Squash</td>
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<tr>
<td>Cherry Tomato Cup</td>
<td>Spinach Salad</td>
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</tr>
<tr>
<td>Garden Salad</td>
<td>Melon cup</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Strawberry Cup</td>
<td>Orange Juice</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Peach Cup</td>
<td>Apple</td>
<td></td>
<td></td>
<td></td>
</tr>
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</table>

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*À la carte only.

Webo's

“To obtain information about summer food service programs, please contact 1-800-522-5006 or visit http://www.fns.usda.gov/summerfoodrocks.”

Harrison High School Lunch Menu – April 29th – 30th 2019

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