

Harlem Middle School

Value Meal

Lunch

At least 7 Menu options are available daily! Value Meal Lunch is the best buy (also free or reduced price approved)

Students must take at least 3 components of the Value Meal (one must be a fruit or vegetable).

All Value Meals include student choices of sides of Fruit, Veggies and Milk.

Monday -week 1	Taco Tuesday- week 1	Wednesday- week 1	Thursday- week 1	Friday- week 1
Pasta Bar with Fresh Vegetables And Garlic Bread Stick <i>Line 1 & 5</i>	Taco Bar with Whole Grain Nacho Chips or Soft Shell Tacos <i>Line 1 & 5</i>	Chef's Choice Stir-fry <i>Line 1 & 5</i>	Huskie Burger w/ cheese bacon, lettuce, tomato, onion and pickle Curly Fries <i>Line 1 & 5</i>	Chicken Tenders/Nuggets Cheesy Mashed Potatoes & Whole Grain Roll <i>Line 1 & 5</i>
Monday-week 2	Tuesday-week 2	Wednesday-week 2	Thursday- week 2	Friday-week 2
Chef's Special <i>Line 1 & 5</i>	Taco Snack Max Or Nachos <i>Line 1 & 5</i>	Chicken Stir Fry on Whole Grain Rice <i>Line 1 & 5</i>	Chicken Spud Bowl with Mashed Potatoes, & Corn <i>Line 1 & 5</i>	Big Daddy's Pizza <i>Line 1 & 5</i>
Every Monday	Every Tuesday	Every Wednesday	Every Thursday	Every Friday
Hot Sandwich Line-2 Made to order Subs Line-3 Baked Potato Bar Line 4	Hot Sandwich Line-2 Made to order Subs Line-3 Fun Fair Bar Line 4	Hot Sandwich Line-2 Made to order Subs Line-3 Bosco /Fiestada Pizza's -Line 4	Hot Sandwich Line-2 Made to order Subs Line-3 Made to Order Rice Bowls Line-4	Hot Sandwich Line-2 Made to order Subs Line-3 Specialty Sandwich Line-4
Specialty Salads available Daily at every line	Specialty Salads available Daily at every line	Specialty Salads available Daily at every line	Specialty Salads available Daily at every line	Specialty Salads available Daily at every line

A Variety of Fresh, and Prepared Hot Vegetables, Side Salads, Relishes/Dip, and Beans may be offered Daily with each Value Meal. Students can choose 2 VEGETABLES each day with Value Meal. Students may also choose 1 FRUIT with Value Meal. See signs for Daily Selections.

Value Meal Salads and Wraps



Variety of Salads

Crisp mixed lettuce with meat or vegetarian salad choices. Variety of crunchy colorful veggies too!

Tortilla Wraps

Prefer a wrap? Variety of Meat or Vegetarian Wraps

Fruit and Veggie Choices and Milk are also included with the Salad or Tortilla Wrap Value Meal Lunch.



Ice-cold 1% (White or Strawberry) & fat-free milk (Skim or Chocolate) is offered as a part of every meal. A good source of Calcium and Protein, Students are encouraged to take a milk with their Value Meal.

Our menus have been planned to meet new federal regulations including, but not limited to, age groups and portion sizes. Over the course of each week, our menus meet calorie ranges, meat/meat alternate ranges, grain ranges, and at least if not more of the required vegetable subgroups consisting of dark green, red/orange, legumes, starchy and other. Fresh fruits and vegetables are offered daily. Students are required to take a fruit or vegetable with their Value Meal.



Daily Value Meal Breakfast Menu

Hot and Cold Breakfast Selections are offered Daily, including Cereal, Bagels and Yogurt, Each Day Features a Hot Breakfast which may be a breakfast sandwich, Eggs or Pancakes

Breakfast includes assorted fruit and/or 100% juice and milk.

Breakfast is served every day before school begins.

Value Meal Prices	Breakfast	Lunch
HMS	\$1.95	\$2.70
Reduced prices :		
	Breakfast - \$0.30	Lunch - \$0.40

Visa/ Master Card Payments Online
SendMoneyToSchool.com
Cash or Checks accepted at checkout

Fruits and Vegetables

- Assorted Veggies / Dip
- Green Side Salads
- Oven Baked Fries & Sweet Potato Fries
- Fruits in Season
- 100% Fruit Juices
- Steamed Veggies & Mashed Potatoes

CHECK MENU BOARD FOR DAILY CHOICES

- Applesauce, Peach cups, etc.



Any item may be purchased as an extra. Students must have money in meal accounts in advance of purchases.

Beverages, Ice Creams, Sweet & Salty Snacks sold separately.

Items meet competitive snack guidelines established by the USDA for calories, fat and whole grains.

"SMART SNACKS" are here!