

Harlem Middle School

Value Meal Lunch

At least 4 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	Tuesday - week 1	Wednesday - week 1	Thursday - week 1	Friday - week 1
Chicken Bowl (Mashed Potatoes, Gravy & Corn) Chef's Choice for Entrée #2 Assorted Fresh Fruits and Vegetables Line 4-Made to order subs Line 5-Grab N Go	Husky Burgers Corn Dogs Tater Tots Assorted Fresh Fruits & Vegetables Line 4-Made to order subs Line 5-Grab N Go	Chicken Nuggets Home Made Macaroni and Cheese Mashed Potatoes Assorted Fresh Fruits & Vegetables Line 4-Made to order subs Line 5-Grab N Go	Eisenburg All Beef Hot Dog Chicken Pattys French Fries Bush's Fiesta Baked Beans Assorted Fresh Fruits & Vegetables Line 4-Made to order subs Line 5- Grab N Go	Big Daddy's Pizza (Cheese or Pepperoni) Spaghetti and Meatballs Steamed Corn Assorted Fresh Fruits & Vegetables Line 4-Made to order subs Line 5-Grab N Go
Monday - week 2	Tuesday - week 2	Wednesday - week 2	Thursday - week 2	Friday - week 2
Flavored Pancakes w/Syrup Scrambled Eggs Sausage Links or Yogurt Hash Brown Patty Assorted Fresh Fruits & Vegetables Line 4-Made to order subs Line 5-Grab N Go	Beef or Chicken Tacos Nachos Steamed Corn Assorted Fresh Fruits & Vegetables Line 4-Made to order subs Line 5-Grab n Go	Chicken Strips Spicy Chicken Patty Mashed Potatoes Assorted Fresh Fruits & Vegetables Line 4-Made to order subs Line 5-Grab N Go	BBQ Ribette Sandwich Mini Corn Dogs French Fries Assorted Fresh Fruits and Vegetables Line 4- Made to order subs Line 5- Grab N Go	Wild Mikes Pizza Cheese Ravioli Steamed Corn Assorted Fresh Fruits & Vegetables Line 4-Made to order subs Line 5-Grab N Go
Monday - Week 3	Tuesday - Week 3	Wednesday - Week 3	Thursday - Week 3	Friday - Week 3
Chicken & Broccoli Alfredo Bread Stick Chef's Choice for Entrée 2 Assorted Fresh Fruits & Vegetables Line 4-Made to order subs Line 5- Grab N Go	Mandarin Orange Chicken Hot Ham and Cheese Sandwich Brown Rice Assorted Fresh Fruits and Vegetables Line 4- Made to order subs Line 5-Grab N Go	Cheese Burgers Italian Beef Sandwich w/Cheese French Fries Assorted Fresh Fruits & Vegetables Line 4- Made to order subs Line 5- Grab N Go	Turkey & Gravy Chicken Patty Mashed Potatoes Assorted Fresh Fruits & Vegetables Line 4- Made to order subs Line 5- Grab N Go	Chef's Choice Pizza Lasagna Rollups Steamed Corn Assorted Fresh Fruits & Vegetables Line 4- Made to order subs Line 5- Grab N Go

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	\$2.00	\$2.80
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.