

Harborside February 6-10, 2017

		Monday 2/6/17	Tuesday 2/7/17	Wednesday 2/8/17	Thursday 2/9/17	Friday 2/10/17
Entrees	Choose 1 Entrée Daily					
		Mini Corn Dogs	Chicken Nuggets w/ roll	Chicken Teriyaki w/rice & dinner roll	Taco Bar	Meatball Bomber
		Chicken Patty Sandwich	Hamburger	Garlic Cheese Bread	Mini Corn Dogs	Hamburger
		Large Salad w/2 dinner rolls	Large Salad w/2 dinner rolls	Large Salad w/2 dinner rolls	Large Salad w/2 dinner rolls	Large Salad w/2 dinner rolls
		Sub Sandwich	Sub Sandwich	Sub Sandwich	Sub Sandwich	Sub Sandwich
		Wrap	Wrap	Wrap	Wrap	Wrap
		Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait
		Nardones Buffalo Chix Pizza	Nardones Cheese Pizza	Nardones BBQ Chicken Pizza	Nardones Hawaiian Pizza	Mini Pizza Bagels
Sides	<i>All Fruits & Veggies are 1/2 c. servings unless otherwise noted</i> Choose up to 2 Veggies plus 2 fruit daily. Tuesday & Friday you can choose 1 fruit and 1 juice instead of the 2 fruits.					
		Corn Side Salad Fresh Veggies Fresh Fruit Canned Fruit	Tots Side Salad Fresh Veggies Fresh Fruit Canned Fruit	Roasted Potatoes Side Salad Fresh Veggies Fresh Fruit Canned Fruit	Refried Beans Side Salad Fresh Veggies Fresh Fruit Canned Fruit	Tots Side Salad Fresh Veggies Fresh Fruit Canned Fruit
Milk	Choose 1 serving per day. Skim white milk, 1 % white milk or Skim Chocolate milk offered daily					

Average Weekly Totals:

685.30 Kcal
 8.00% Sat Fat
 881.50 mg NA

Harborside February 13-17, 2017

		Monday 2/13/17	Tuesday 2/14/17	Wednesday 2/15/17	Thursday 2/16/17	Friday 2/17/17
Entrees	Choose 1 Entrée Daily					
	Chipolte Chicken Sandwich	BBQ Pork Rib Sanwich	Pizza Dippers w/ Marinara	Chicken Egg Rolls	Turkey & Gravy w/dinner roll & gripz	
	Chicken Patty Sandwich	Hamburger	Garlic Cheese Bread	Mini Corn Dogs	Hamburger	
	Large Salad w/2 dinner rolls	Large Salad w/2 dinner rolls	Large Salad w/2 dinner rolls	Large Salad w/2 dinner rolls	Large Salad w/2 dinner rolls	
	Sub Sandwich	Sub Sandwich	Sub Sandwich	Sub Sandwich	Sub Sandwich	
	Wrap	Wrap	Wrap	Wrap	Wrap	
	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	
	Nardones Buffalo Chix Pizza	Nardones Cheese Pizza	Nardones BBQ Chicken Pizza	Nardones Hawaiian Pizza	Chicken Nuggets w/dinner roll	
Sides	<i>All Fruits & Veggies are 1/2 c. servings unless otherwise noted</i>					
	Choose up to 2 Veggies plus 1 fruit daily. Choose up to 2 Veggies plus 1 Fruit & 1 Juice on Tues. & Friday					
	Baked Beans				Mashed Potatoes	
	Tots	Roasted Potatoes			Green Beans	
	Side Salad	Side Salad	Side Salad	Side Salad	Side Salad	
	Fresh Veggies	Fresh Veggies	Fresh Veggies	Fresh Veggies	Fresh Veggies	
	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	
Canned Fruit	Canned Fruit	Canned Fruit	Canned Fruit	Canned Fruit		
Milk	Choose 1 serving per day. Skim white milk, 1 % white milk or Skim Chocolate milk offered daily					

Harborside February 20-24, 2017

	Monday 2/20/17	Tuesday 2/21/17	Wednesday 2/22/17	Thursday 2/23/17	Friday 2/24/17
Entrees	Choose 1 Entrée Daily				
	Hot Dog on a Bun	Macaroni & Cheese w/dinner roll	Orange Chicken w/Rice & Dinner Roll	Chicken & Mashed Potato Combo w/dinner roll	Quesadilla w/salsa
	Chicken Patty Sandwich	Hamburger	Garlic Cheese Bread	Mini Corn Dogs	Hamburger
	Large Salad w/2 dinner rolls	Large Salad w/2 dinner rolls	Large Salad w/2 dinner rolls	Large Salad w/2 dinner rolls	Large Salad w/2 dinner rolls
	Sub Sandwich	Sub Sandwich	Sub Sandwich	Sub Sandwich	Sub Sandwich
	Wrap	Wrap	Wrap	Wrap	Wrap
	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait
	Nardones Buffalo Chix Pizza	Nardones Cheese Pizza	Nardones BBQ Chicken Pizza	Nardones Hawaiian Pizza	Chicken Nuggets w/dinner roll
Sides	<i>All Fruits & Veggies are 1/2 c. servings unless otherwise noted</i>				
	Choose up to 2 Veggies plus 1 fruit daily. Choose up to 2 Veggies plus 1 Fruit & 1 Juice on Tues. & Friday				
	Tots Side Salad Fresh Veggies Fresh Fruit Canned Fruit	Roasted Potatoes Side Salad Fresh Veggies Fresh Fruit Canned Fruit	Bean Salad Side Salad Fresh Veggies Fresh Fruit Canned Fruit	Corn Mashed Potatoes Side Salad Fresh Veggies Fresh Fruit Canned Fruit	Green Beans Side Salad Fresh Veggies Fresh Fruit Canned Fruit
Milk	Choose 1 serving per day. Skim white milk, 1 % white milk or Skim Chocolate milk offered daily				

Harborside February 27-March 3, 2017

		Monday 2/27/17	Tuesday 2/28/17	Wednesday 3/1/17	Thursday 3/2/17	Friday 3/3/17
Entrees	Choose 1 Entrée Daily					
	Mini Corn Dogs	Chicken Nuggets w/ roll	Chicken Teriyaki w/rice & dinner roll	Taco Bar	Meatball Bomber	
	Chicken Patty Sandwich	Hamburger	Garlic Cheese Bread	Mini Corn Dogs	Hamburger	
	Large Salad w/2 dinner rolls	Large Salad w/2 dinner rolls	Large Salad w/2 dinner rolls	Large Salad w/2 dinner rolls	Large Salad w/2 dinner rolls	
	Sub Sandwich	Sub Sandwich	Sub Sandwich	Sub Sandwich	Sub Sandwich	
	Wrap	Wrap	Wrap	Wrap	Wrap	
	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	
	Nardones Buffalo Chix Pizza	Nardones Cheese Pizza	Nardones BBQ Chicken Pizza	Nardones Hawaiian Pizza	Mini Pizza Bagels	
Sides	<i>All Fruits & Veggies are 1/2 c. servings unless otherwise noted</i>					
	Choose up to 2 Veggies plus 2 fruit daily. Tuesday & Friday you can choose 1 fruit and 1 juice instead of the 2 fruits.					
	Corn Side Salad Fresh Veggies Fresh Fruit Canned Fruit	Tots Side Salad Fresh Veggies Fresh Fruit Canned Fruit	Roasted Potatoes Side Salad Fresh Veggies Fresh Fruit Canned Fruit	Refried Beans Side Salad Fresh Veggies Fresh Fruit Canned Fruit	Tots Side Salad Fresh Veggies Fresh Fruit Canned Fruit	
Milk	Choose 1 serving per day. Skim white milk, 1 % white milk or Skim Chocolate milk offered daily					

Average Weekly Totals:

685.30 Kcal
8.00% Sat Fat
881.50 mg NA

Harborside March 6-10, 2017

		Monday 3/6/17	Tuesday 3/7/17	Wednesday 3/8/17	Thursday 3/9/17	Friday 3/10/17
Entrees	Choose 1 Entrée Daily					
	Chipolte Chicken Sandwich	BBQ Pork Rib Sanwich	Pizza Dippers w/ Marinara	Chicken Egg Rolls	Turkey & Gravy w/dinner roll & gripz	
	Chicken Patty Sandwich	Hamburger	Garlic Cheese Bread	Mini Corn Dogs	Hamburger	
	Large Salad w/2 dinner rolls	Large Salad w/2 dinner rolls	Large Salad w/2 dinner rolls	Large Salad w/2 dinner rolls	Large Salad w/2 dinner rolls	
	Sub Sandwich	Sub Sandwich	Sub Sandwich	Sub Sandwich	Sub Sandwich	
	Wrap	Wrap	Wrap	Wrap	Wrap	
	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	
	Nardones Buffalo Chix Pizza	Nardones Cheese Pizza	Nardones BBQ Chicken Pizza	Nardones Hawaiian Pizza	Chicken Nuggets w/dinner roll	
Sides	<i>All Fruits & Veggies are 1/2 c. servings unless otherwise noted</i>					
	Choose up to 2 Veggies plus 1 fruit daily. Choose up to 2 Veggies plus 1 Fruit & 1 Juice on Tues. & Friday					
	Baked Beans				Mashed Potatoes	
	Tots	Roasted Potatoes			Green Beans	
	Side Salad	Side Salad	Side Salad	Side Salad	Side Salad	
	Fresh Veggies	Fresh Veggies	Fresh Veggies	Fresh Veggies	Fresh Veggies	
	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	
Canned Fruit	Canned Fruit	Canned Fruit	Canned Fruit	Canned Fruit		
Milk	Choose 1 serving per day. Skim white milk, 1 % white milk or Skim Chocolate milk offered daily					

Harborside March 13-17, 2017

	Monday 3/13/17	Tuesday 3/14/17	Wednesday 3/15/17	Thursday 3/16/17	Friday 3/17/17
Entrees	Choose 1 Entrée Daily				
	Hot Dog on a Bun	Macaroni & Cheese w/dinner roll	Orange Chicken w/Rice & Dinner Roll	Chicken & Mashed Potato Combo w/dinner roll	Quesadilla w/salsa
	Chicken Patty Sandwich	Hamburger	Garlic Cheese Bread	Mini Corn Dogs	Hamburger
	Large Salad w/2 dinner rolls	Large Salad w/2 dinner rolls	Large Salad w/2 dinner rolls	Large Salad w/2 dinner rolls	Large Salad w/2 dinner rolls
	Sub Sandwich	Sub Sandwich	Sub Sandwich	Sub Sandwich	Sub Sandwich
	Wrap	Wrap	Wrap	Wrap	Wrap
	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait
	Nardones Buffalo Chix Pizza	Nardones Cheese Pizza	Nardones BBQ Chicken Pizza	Nardones Hawaiian Pizza	Chicken Nuggets w/dinner roll
Sides	<i>All Fruits & Veggies are 1/2 c. servings unless otherwise noted</i>				
	Choose up to 2 Veggies plus 1 fruit daily. Choose up to 2 Veggies plus 1 Fruit & 1 Juice on Tues. & Friday				
	Tots Side Salad Fresh Veggies Fresh Fruit Canned Fruit	Roasted Potatoes Side Salad Fresh Veggies Fresh Fruit Canned Fruit	Bean Salad Side Salad Fresh Veggies Fresh Fruit Canned Fruit	Corn Mashed Potatoes Side Salad Fresh Veggies Fresh Fruit Canned Fruit	Green Beans Side Salad Fresh Veggies Fresh Fruit Canned Fruit
Milk	Choose 1 serving per day. Skim white milk, 1 % white milk or Skim Chocolate milk offered daily				

Harborside March 20-24, 2017

		Monday 3/20/17	Tuesday 3/21/17	Wednesday 3/22/17	Thursday 3/23/17	Friday 3/24/17
Entrees	Choose 1 Entrée Daily					
	Mini Corn Dogs	Chicken Nuggets w/ roll	Chicken Teriyaki w/rice & dinner roll	Taco Bar	Meatball Bomber	
	Chicken Patty Sandwich	Hamburger	Garlic Cheese Bread	Mini Corn Dogs	Hamburger	
	Large Salad w/2 dinner rolls	Large Salad w/2 dinner rolls	Large Salad w/2 dinner rolls	Large Salad w/2 dinner rolls	Large Salad w/2 dinner rolls	
	Sub Sandwich	Sub Sandwich	Sub Sandwich	Sub Sandwich	Sub Sandwich	
	Wrap	Wrap	Wrap	Wrap	Wrap	
	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	
	Nardones Buffalo Chix Pizza	Nardones Cheese Pizza	Nardones BBQ Chicken Pizza	Nardones Hawaiian Pizza	Mini Pizza Bagels	
Sides	<i>All Fruits & Veggies are 1/2 c. servings unless otherwise noted</i>					
	Choose up to 2 Veggies plus 2 fruit daily. Tuesday & Friday you can choose 1 fruit and 1 juice instead of the 2 fruits.					
Corn Side Salad Fresh Veggies Fresh Fruit Canned Fruit	Tots Side Salad Fresh Veggies Fresh Fruit Canned Fruit	Roasted Potatoes Side Salad Fresh Veggies Fresh Fruit Canned Fruit	Refried Beans Side Salad Fresh Veggies Fresh Fruit Canned Fruit	Tots Side Salad Fresh Veggies Fresh Fruit Canned Fruit		
Milk	Choose 1 serving per day. Skim white milk, 1 % white milk or Skim Chocolate milk offered daily					

Harborside This institution is an equal opportunity provider.

Average Weekly Totals:
685.30 Kcal
8.00% Sat Fat
881.50 mg NA

Harborside March 27-31, 2017

		Monday 3/27/17	Tuesday 3/28/17	Wednesday 3/29/17	Thursday 3/30/17	Friday 3/31/17
Entrees	Choose 1 Entrée Daily					
	Chipolte Chicken Sandwich	BBQ Pork Rib Sanwich	Pizza Dippers w/ Marinara	Chicken Egg Rolls	Turkey & Gravy w/dinner roll & gripz	
	Chicken Patty Sandwich	Hamburger	Garlic Cheese Bread	Mini Corn Dogs	Hamburger	
	Large Salad w/2 dinner rolls	Large Salad w/2 dinner rolls	Large Salad w/2 dinner rolls	Large Salad w/2 dinner rolls	Large Salad w/2 dinner rolls	
	Sub Sandwich	Sub Sandwich	Sub Sandwich	Sub Sandwich	Sub Sandwich	
	Wrap	Wrap	Wrap	Wrap	Wrap	
	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	
	Nardones Buffalo Chix Pizza	Nardones Cheese Pizza	Nardones BBQ Chicken Pizza	Nardones Hawaiian Pizza	Chicken Nuggets w/dinner roll	
Sides	<i>All Fruits & Veggies are 1/2 c. servings unless otherwise noted</i>					
	Choose up to 2 Veggies plus 1 fruit daily. Choose up to 2 Veggies plus 1 Fruit & 1 Juice on Tues. & Friday					
	Baked Beans				Mashed Potatoes	
	Tots	Roasted Potatoes			Green Beans	
	Side Salad	Side Salad	Side Salad	Side Salad	Side Salad	
	Fresh Veggies	Fresh Veggies	Fresh Veggies	Fresh Veggies	Fresh Veggies	
	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	
Canned Fruit	Canned Fruit	Canned Fruit	Canned Fruit	Canned Fruit		
Milk	Choose 1 serving per day. Skim white milk, 1 % white milk or Skim Chocolate milk offered daily					

Harborside April 3-7, 2017

		Monday 4/3/17	Tuesday 4/4/17	Wednesday 4/5/17	Thursday 4/6/17	Friday 4/7/17
Entrees	Choose 1 Entrée Daily					
	Hot Dog on a Bun	Macaroni & Cheese w/dinner roll	Orange Chicken w/Rice & Dinner Roll	Chicken & Mashed Potato Combo w/dinner roll	Quesadilla w/salsa	
	Chicken Patty Sandwich	Hamburger	Garlic Cheese Bread	Mini Corn Dogs	Hamburger	
	Large Salad w/2 dinner rolls	Large Salad w/2 dinner rolls	Large Salad w/2 dinner rolls	Large Salad w/2 dinner rolls	Large Salad w/2 dinner rolls	
	Sub Sandwich	Sub Sandwich	Sub Sandwich	Sub Sandwich	Sub Sandwich	
	Wrap	Wrap	Wrap	Wrap	Wrap	
	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	
	Nardones Buffalo Chix Pizza	Nardones Cheese Pizza	Nardones BBQ Chicken Pizza	Nardones Hawaiian Pizza	Chicken Nuggets w/dinner roll	
Sides	<i>All Fruits & Veggies are 1/2 c. servings unless otherwise noted</i>					
	Choose up to 2 Veggies plus 1 fruit daily. Choose up to 2 Veggies plus 1 Fruit & 1 Juice on Tues. & Friday					
Tots Side Salad Fresh Veggies Fresh Fruit Canned Fruit	Roasted Potatoes Side Salad Fresh Veggies Fresh Fruit Canned Fruit	Bean Salad Side Salad Fresh Veggies Fresh Fruit Canned Fruit	Corn Mashed Potatoes Side Salad Fresh Veggies Fresh Fruit Canned Fruit	Green Beans Side Salad Fresh Veggies Fresh Fruit Canned Fruit		
Milk	Choose 1 serving per day. Skim white milk, 1 % white milk or Skim Chocolate milk offered daily					

Harborside April 10-14, 2017

		Monday 4/10/17	Tuesday 4/11/17	Wednesday 4/12/17	Thursday 4/13/17	Friday 4/14/17
Entrees	Choose 1 Entrée Daily					
	Mini Corn Dogs	Chicken Nuggets w/ roll	Chicken Teriyaki w/rice & dinner roll	Taco Bar	Meatball Bomber	
	Chicken Patty Sandwich	Hamburger	Garlic Cheese Bread	Mini Corn Dogs	Hamburger	
	Large Salad w/2 dinner rolls	Large Salad w/2 dinner rolls	Large Salad w/2 dinner rolls	Large Salad w/2 dinner rolls	Large Salad w/2 dinner rolls	
	Sub Sandwich	Sub Sandwich	Sub Sandwich	Sub Sandwich	Sub Sandwich	
	Wrap	Wrap	Wrap	Wrap	Wrap	
	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	
	Nardones Buffalo Chix Pizza	Nardones Cheese Pizza	Nardones BBQ Chicken Pizza	Nardones Hawaiian Pizza	Mini Pizza Bagels	
Sides	<i>All Fruits & Veggies are 1/2 c. servings unless otherwise noted</i>					
	Choose up to 2 Veggies plus 2 fruit daily. Tuesday & Friday you can choose 1 fruit and 1 juice instead of the 2 fruits.					
Corn Side Salad Fresh Veggies Fresh Fruit Canned Fruit	Tots Side Salad Fresh Veggies Fresh Fruit Canned Fruit	Roasted Potatoes Side Salad Fresh Veggies Fresh Fruit Canned Fruit	Refried Beans Side Salad Fresh Veggies Fresh Fruit Canned Fruit	Tots Side Salad Fresh Veggies Fresh Fruit Canned Fruit		
Milk	Choose 1 serving per day. Skim white milk, 1 % white milk or Skim Chocolate milk offered daily					

Harborside This institution is an equal opportunity provider.

Average Weekly Totals:
685.30 Kcal
8.00% Sat Fat
881.50 mg NA

Harborside April 24-28, 2017

		Monday 4/24/17	Tuesday 4/25/17	Wednesday 4/26/17	Thursday 4/27/17	Friday 4/28/17
Entrees	Choose 1 Entrée Daily					
	Chipolte Chicken Sandwich	BBQ Pork Rib Sanwich	Pizza Dippers w/ Marinara	Chicken Egg Rolls	Turkey & Gravy w/dinner roll & gripz	
	Chicken Patty Sandwich	Hamburger	Garlic Cheese Bread	Mini Corn Dogs	Hamburger	
	Large Salad w/2 dinner rolls	Large Salad w/2 dinner rolls	Large Salad w/2 dinner rolls	Large Salad w/2 dinner rolls	Large Salad w/2 dinner rolls	
	Sub Sandwich	Sub Sandwich	Sub Sandwich	Sub Sandwich	Sub Sandwich	
	Wrap	Wrap	Wrap	Wrap	Wrap	
	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	
	Nardones Buffalo Chix Pizza	Nardones Cheese Pizza	Nardones BBQ Chicken Pizza	Nardones Hawaiian Pizza	Chicken Nuggets w/dinner roll	
Sides	<i>All Fruits & Veggies are 1/2 c. servings unless otherwise noted</i>					
	Choose up to 2 Veggies plus 1 fruit daily. Choose up to 2 Veggies plus 1 Fruit & 1 Juice on Tues. & Friday					
	Baked Beans				Mashed Potatoes	
	Tots	Roasted Potatoes			Green Beans	
	Side Salad	Side Salad	Side Salad	Side Salad	Side Salad	
	Fresh Veggies	Fresh Veggies	Fresh Veggies	Fresh Veggies	Fresh Veggies	
	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	
Canned Fruit	Canned Fruit	Canned Fruit	Canned Fruit	Canned Fruit		
Milk	Choose 1 serving per day. Skim white milk, 1 % white milk or Skim Chocolate milk offered daily					

Harborside May 1-5, 2017

	Monday 5/1/17	Tuesday 5/2/17	Wednesday 5/3/17	Thursday 5/4/17	Friday 5/5/17
Entrees	Choose 1 Entrée Daily				
	Hot Dog on a Bun	Macaroni & Cheese w/dinner roll	Orange Chicken w/Rice & Dinner Roll	Chicken & Mashed Potato Combo w/dinner roll	Quesadilla w/salsa
	Chicken Patty Sandwich	Hamburger	Garlic Cheese Bread	Mini Corn Dogs	Hamburger
	Large Salad w/2 dinner rolls	Large Salad w/2 dinner rolls	Large Salad w/2 dinner rolls	Large Salad w/2 dinner rolls	Large Salad w/2 dinner rolls
	Sub Sandwich	Sub Sandwich	Sub Sandwich	Sub Sandwich	Sub Sandwich
	Wrap	Wrap	Wrap	Wrap	Wrap
	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait
	Nardones Buffalo Chix Pizza	Nardones Cheese Pizza	Nardones BBQ Chicken Pizza	Nardones Hawaiian Pizza	Chicken Nuggets w/dinner roll
Sides	<i>All Fruits & Veggies are 1/2 c. servings unless otherwise noted</i>				
	Choose up to 2 Veggies plus 1 fruit daily. Choose up to 2 Veggies plus 1 Fruit & 1 Juice on Tues. & Friday				
	Tots Side Salad Fresh Veggies Fresh Fruit Canned Fruit	Roasted Potatoes Side Salad Fresh Veggies Fresh Fruit Canned Fruit	Bean Salad Side Salad Fresh Veggies Fresh Fruit Canned Fruit	Corn Mashed Potatoes Side Salad Fresh Veggies Fresh Fruit Canned Fruit	Green Beans Side Salad Fresh Veggies Fresh Fruit Canned Fruit
Milk	Choose 1 serving per day. Skim white milk, 1 % white milk or Skim Chocolate milk offered daily				

Harborside May 8-12, 2017

		Monday 5/8/17	Tuesday 5/9/17	Wednesday 5/10/17	Thursday 5/11/17	Friday 5/12/17
Entrees	Choose 1 Entrée Daily					
		Mini Corn Dogs	Chicken Nuggets w/ roll	Chicken Teriyaki w/rice & dinner roll	Taco Bar	Meatball Bomber
		Chicken Patty Sandwich	Hamburger	Garlic Cheese Bread	Mini Corn Dogs	Hamburger
		Large Salad w/2 dinner rolls	Large Salad w/2 dinner rolls	Large Salad w/2 dinner rolls	Large Salad w/2 dinner rolls	Large Salad w/2 dinner rolls
		Sub Sandwich	Sub Sandwich	Sub Sandwich	Sub Sandwich	Sub Sandwich
		Wrap	Wrap	Wrap	Wrap	Wrap
		Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait
		Nardones Buffalo Chix Pizza	Nardones Cheese Pizza	Nardones BBQ Chicken Pizza	Nardones Hawaiian Pizza	Mini Pizza Bagels
Sides	<p><i>All Fruits & Veggies are 1/2 c. servings unless otherwise noted</i></p> <p style="text-align: center;">Choose up to 2 Veggies plus 2 fruit daily. Tuesday & Friday you can choose 1 fruit and 1 juice instead of the 2 fruits.</p>					
		Corn Side Salad Fresh Veggies Fresh Fruit Canned Fruit	Tots Side Salad Fresh Veggies Fresh Fruit Canned Fruit	Roasted Potatoes Side Salad Fresh Veggies Fresh Fruit Canned Fruit	Refried Beans Side Salad Fresh Veggies Fresh Fruit Canned Fruit	Tots Side Salad Fresh Veggies Fresh Fruit Canned Fruit
Milk	Choose 1 serving per day. Skim white milk, 1 % white milk or Skim Chocolate milk offered daily					

Average Weekly Totals:

685.30 Kcal
 8.00% Sat Fat
 881.50 mg NA

Harborside May 15-19, 2017

		Monday 5/15/17	Tuesday 5/16/17	Wednesday 5/17/17	Thursday 5/18/17	Friday 5/19/17
Entrees	Choose 1 Entrée Daily					
	Chipolte Chicken Sandwich	BBQ Pork Rib Sanwich	Pizza Dippers w/ Marinara	Chicken Egg Rolls	Turkey & Gravy w/dinner roll & gripz	
	Chicken Patty Sandwich	Hamburger	Garlic Cheese Bread	Mini Corn Dogs	Hamburger	
	Large Salad w/2 dinner rolls	Large Salad w/2 dinner rolls	Large Salad w/2 dinner rolls	Large Salad w/2 dinner rolls	Large Salad w/2 dinner rolls	
	Sub Sandwich	Sub Sandwich	Sub Sandwich	Sub Sandwich	Sub Sandwich	
	Wrap	Wrap	Wrap	Wrap	Wrap	
	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	
	Nardones Buffalo Chix Pizza	Nardones Cheese Pizza	Nardones BBQ Chicken Pizza	Nardones Hawaiian Pizza	Chicken Nuggets w/dinner roll	
Sides	<i>All Fruits & Veggies are 1/2 c. servings unless otherwise noted</i>					
	Choose up to 2 Veggies plus 1 fruit daily. Choose up to 2 Veggies plus 1 Fruit & 1 Juice on Tues. & Friday					
	Baked Beans				Mashed Potatoes	
	Tots	Roasted Potatoes			Green Beans	
	Side Salad	Side Salad	Side Salad	Side Salad	Side Salad	
	Fresh Veggies	Fresh Veggies	Fresh Veggies	Fresh Veggies	Fresh Veggies	
	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	
Canned Fruit	Canned Fruit	Canned Fruit	Canned Fruit	Canned Fruit		
Milk	Choose 1 serving per day. Skim white milk, 1 % white milk or Skim Chocolate milk offered daily					

Harborside May 22-26, 2017

		Monday 5/22/17	Tuesday 5/23/17	Wednesday 5/24/17	Thursday 5/25/17	Friday 5/26/17
Entrees	Choose 1 Entrée Daily					
	Hot Dog on a Bun	Macaroni & Cheese w/dinner roll	Orange Chicken w/Rice & Dinner Roll	Chicken & Mashed Potato Combo w/dinner roll	Quesadilla w/salsa	
	Chicken Patty Sandwich	Hamburger	Garlic Cheese Bread	Mini Corn Dogs	Hamburger	
	Large Salad w/2 dinner rolls	Large Salad w/2 dinner rolls	Large Salad w/2 dinner rolls	Large Salad w/2 dinner rolls	Large Salad w/2 dinner rolls	
	Sub Sandwich	Sub Sandwich	Sub Sandwich	Sub Sandwich	Sub Sandwich	
	Wrap	Wrap	Wrap	Wrap	Wrap	
	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	
	Nardones Buffalo Chix Pizza	Nardones Cheese Pizza	Nardones BBQ Chicken Pizza	Nardones Hawaiian Pizza	Chicken Nuggets w/dinner roll	
Sides	<i>All Fruits & Veggies are 1/2 c. servings unless otherwise noted</i>					
	Choose up to 2 Veggies plus 1 fruit daily. Choose up to 2 Veggies plus 1 Fruit & 1 Juice on Tues. & Friday					
Tots Side Salad Fresh Veggies Fresh Fruit Canned Fruit	Roasted Potatoes Side Salad Fresh Veggies Fresh Fruit Canned Fruit	Bean Salad Side Salad Fresh Veggies Fresh Fruit Canned Fruit	Corn Mashed Potatoes Side Salad Fresh Veggies Fresh Fruit Canned Fruit	Green Beans Side Salad Fresh Veggies Fresh Fruit Canned Fruit		
Milk	Choose 1 serving per day. Skim white milk, 1 % white milk or Skim Chocolate milk offered daily					

Harborside May 29-June 2, 2017

		Monday 5/29/17	Tuesday 5/30/17	Wednesday 5/31/17	Thursday 6/1/17	Friday 6/2/17
Entrees	Choose 1 Entrée Daily					
	Mini Corn Dogs	Chicken Nuggets w/ roll	Chicken Teriyaki w/rice & dinner roll	Taco Bar	Meatball Bomber	
	Chicken Patty Sandwich	Hamburger	Garlic Cheese Bread	Mini Corn Dogs	Hamburger	
	Large Salad w/2 dinner rolls	Large Salad w/2 dinner rolls	Large Salad w/2 dinner rolls	Large Salad w/2 dinner rolls	Large Salad w/2 dinner rolls	
	Sub Sandwich	Sub Sandwich	Sub Sandwich	Sub Sandwich	Sub Sandwich	
	Wrap	Wrap	Wrap	Wrap	Wrap	
	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	
	Nardones Buffalo Chix Pizza	Nardones Cheese Pizza	Nardones BBQ Chicken Pizza	Nardones Hawaiian Pizza	Mini Pizza Bagels	
Sides	<i>All Fruits & Veggies are 1/2 c. servings unless otherwise noted</i>					
	Choose up to 2 Veggies plus 2 fruit daily. Tuesday & Friday you can choose 1 fruit and 1 juice instead of the 2 fruits.					
Corn Side Salad Fresh Veggies Fresh Fruit Canned Fruit	Tots Side Salad Fresh Veggies Fresh Fruit Canned Fruit	Roasted Potatoes Side Salad Fresh Veggies Fresh Fruit Canned Fruit	Refried Beans Side Salad Fresh Veggies Fresh Fruit Canned Fruit	Tots Side Salad Fresh Veggies Fresh Fruit Canned Fruit		
Milk	Choose 1 serving per day. Skim white milk, 1 % white milk or Skim Chocolate milk offered daily					

Average Weekly Totals:

685.30 Kcal
8.00% Sat Fat
881.50 mg NA

Harborside June 5-9, 2017

		Monday 6/5/17	Tuesday 6/6/17	Wednesday 6/7/17	Thursday 6/8/17	Friday 6/9/17
Entrees	Choose 1 Entrée Daily					
	Cooks Choice	Cooks Choice	Cooks Choice	Cooks Choice	No lunches served	
Sides	<i>All Fruits & Veggies are 1/2 c. servings unless otherwise noted</i>					
	Choose up to 2 Veggies plus 1 fruit daily. Choose up to 2 Veggies plus 1 Fruit & 1 Juice on Tues. & Friday					
	Baked Beans					Mashed Potatoes
	Tots	Roasted Potatoes				Green Beans
	Side Salad	Side Salad	Side Salad	Side Salad	Side Salad	Side Salad
	Fresh Veggies	Fresh Veggies	Fresh Veggies	Fresh Veggies	Fresh Veggies	Fresh Veggies
	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Canned Fruit	Canned Fruit	Canned Fruit	Canned Fruit	Canned Fruit	Canned Fruit	
Milk	Choose 1 serving per day. Skim white milk, 1 % white milk or Skim Chocolate milk offered daily					

Harborside
Average Weekly Totals:
 679.04 Kcal
 8.00% Sat Fat
 1011.49 mg NA

This institution is an equal opportunity provider.