



SECONDARY MENU

BREAKFAST OFFERED DAILY

Featured Entrée of the Day
Choice of Cereal or Toast
Fresh Fruit & Juices

Breakfast \$1.05
Lunch \$2.00
Milk \$.50

Reduced Priced Meals:
Breakfast \$.20
Lunch \$.40

Forgot to Send Lunch Money?

No Problem...Monitor, view & fund your child's cafeteria account 24/7 by logging on to: www.cafeprepay.com. Use your debit or



credit card to easily add funds totally free of all service fees.

Contact our office any time with questions 410 638-4078.



Students who receive free or reduced priced lunches also receive the same benefit at breakfast.

Whole Grain foods and a variety of pizza choices are available every day. Look for Whole Grains Council Menu symbol which highlights some of the whole grain choices. You may be surprised to find some of your favorites contain wholesome whole grain. Harford County is proud to offer healthy choices that taste great. Good nutrition begins at home and continues with schools meals. For more information on whole grains, go to www.wholegrainscouncil.org.

Wednesday, February 1

BREAKFAST

Breakfast Pizza

LUNCH

ENTREE CHOICES

Lasagna Roll-Ups w/
Italian Bread
Chicken Tenders
Variety of Sandwiches

SIDE CHOICES

Garden Salad w/ Dressing
Green Beans
Warm Apple Crisp
Fresh Fruit
Chilled Milk

Thursday, February 2

BREAKFAST

Waffles w/ Syrup

LUNCH

ENTREE CHOICES

Nacho Grande w/ Fixings
Pepperoni Pizzas
Variety of Sandwiches

SIDE CHOICES

Baby Carrots w/ Dip
Garden Salad w/ Dressing
Pearsauce Cup
Fresh Fruit
Chilled Milk

Friday, February 3

BREAKFAST

Egg Sandwich

LUNCH

ENTREE CHOICES

Chicken Popper Super Bowl
Stadium Dog

SIDE CHOICES

Variety of Sandwiches
Garden Salad w/ Dressing
Mashed Potatoes w/ Gravy
Sliced Peaches
Sweet Corn Niblets
Fresh Fruit
Chilled Milk

Monday, February 6

BREAKFAST

French Toast Sticks

LUNCH

ENTREE CHOICES

Orange Chicken w/ Rice
Meatball Sub
Variety of Sandwiches

SIDE CHOICES

Garden Salad w/ Dressing
Carrots Coins
Sundried Raisins
Fresh Fruit
Chilled Milk

Tuesday, February 7

BREAKFAST

Pancake n' Sausage on a Stick

LUNCH

ENTREE CHOICES

Spicy Chicken Tenders
Corn Dog Nuggets
Variety of Sandwiches

SIDE CHOICES

Steamed Rice
Sweet Green Peas
Chilled Applesauce
Fresh Fruit
Chilled Milk

Wednesday, February 8

BREAKFAST

Breakfast Pizza

LUNCH

ENTREE CHOICES

Mozzarella Sticks
Cheese Steak Sub
Variety of Sandwiches

SIDE CHOICES

Garden Salad w/ Dressing
Steamy Tomato Soup
Warm Apple Crisp
Fresh Fruit
Chilled Milk

Thursday, February 9

BREAKFAST

Waffle Bites

LUNCH

ENTREE CHOICES

Nacho Grande w/ Fixings
Vegetarian Chili w/
Cornbread

SIDE CHOICES

Variety of Sandwiches
Baby Carrots w/ Dip
Garden Salad w/ Dressing
Diced Pears
Fresh Fruit
Chilled Milk

Friday, February 10

BREAKFAST

Egg Sandwich

LUNCH

ENTREE CHOICES

Turkey Cheddar Bacon Melt
Lasagna Roll-Up w/
Bread Stick

SIDE CHOICES

Variety of Sandwiches
Mixed Vegetables
Garden Salad w/ Dressing
Sliced Peaches
Fresh Fruit
Chilled Milk

Monday, February 13

BREAKFAST

French Toast Sticks

LUNCH

ENTREE CHOICES

Chicken n' Gravy w/Biscuit
Corn Dog Nuggets
Variety of Sandwiches

SIDE CHOICES

Garden Salad w/ Dressing
Mashed Potatoes
Carrots Coins
Sundried Raisins
Fresh Fruit
Chilled Milk

Tuesday, February 14

BREAKFAST

Pancake n' Sausage on a Stick

LUNCH

ENTREE CHOICES

Stuffed Shells w/ Bread
Flatbread Steak Melt
Variety of Sandwiches

SIDE CHOICES

Garden Salad w/ Dressing
Bean Salad
Mandarin Oranges
Fresh Fruit
Chilled Milk

Wednesday, February 15

BREAKFAST

Breakfast Pizza

LUNCH

ENTREE CHOICES

General Tso Chicken w/Rice
Ultimate Deli Line
Variety of Sandwiches

SIDE CHOICES

Garden Salad w/ Dressing
Steamed Broccoli
Fresh Veggies w/ Dip
Fresh Fruit
Chilled Milk
Yogurt for All

Thursday, February 16

BREAKFAST

Cini-Minis

LUNCH

ENTREE CHOICES

Nacho Grande w/ Fixings
Pepperoni Pizzas
Variety of Sandwiches

SIDE CHOICES

Baby Carrots w/ Dip
Garden Salad w/ Dressing
Diced Pears
Fresh Fruit
Chilled Milk

Friday, February 17

BREAKFAST

Egg & Cheese Sandwich

LUNCH

ENTREE CHOICES

Chicken Tenders
Mozzarella Sticks
Variety of Sandwiches

SIDE CHOICES

Green Beans
Garden Salad w/ Dressing
Warm Peach Cobbler
Fresh Fruit
Chilled Milk

Monday, February 20

Presidents' Day



Schools Closed

Tuesday, February 21

BREAKFAST

Pancake n' Sausage on a Stick

LUNCH

ENTREE CHOICES

Lasagna Rollup w/ Breadstick

Spicy Chickwich

Variety of Sandwiches

SIDE CHOICES

Garden Salad w/ Dressing

Mexican Gumbo Soup

Mandarin Oranges

Fresh Fruit

Chilled Milk

Wednesday, February 22

BREAKFAST

Breakfast Pizza

Wacky Wednesday

Breakfast 4 LUNCH

ENTREE CHOICES

French Toast Sticks w/ Yogurt

Egg & Cheese on Croissant

Open Face Bagel Melt

SIDE CHOICES

Hash Brown Potatoes

Warm Apple Crisp

Fresh Fruit/Fruit Juice

Chilled Milk

Thursday, February 23

BREAKFAST

Colby Cheese Omelet

LUNCH

ENTREE CHOICES

Nacho Grande w/ Fixings

Peperoni Pizzas

Vegetarian Chili w/ Cornbread

Variety of Sandwiches

SIDE CHOICES

Baby Carrots w/ Dip

Garden Salad w/ Dressing

Pearsauce Cup

Fresh Fruit

Chilled Milk

Friday, February 24

BREAKFAST

Hot Breakfast Sandwich

LUNCH

ENTREE CHOICES

Chicken Nuggets w/ Pretzel Rod

Fishwich

Variety of Sandwiches

SIDE CHOICES

Sliced Peaches

Garden Salad w/ Dressing

Green Beans

Fresh Fruit

Chilled Milk

Monday, February 27

BREAKFAST

French Toast Sticks

LUNCH

ENTREE CHOICES

Cheese Steak Sub

Chicken Poppers

Variety of Sandwiches

SIDE CHOICES

Steamed Broccoli

Garden Salad w/ Dressing

Chilled Applesauce

Fresh Fruit

Chilled Milk

Tuesday, February 28

BREAKFAST

Pancake n' Sausage on a Stick

LUNCH

ENTREE CHOICES

Mozzarella Sticks

Bacon Cheeseburger

Variety of Sandwiches

SIDE CHOICES

Garden Salad/Dressing

Mandarin Oranges

Bean Soup

Fresh Fruit

Chilled Milk

Wednesday, February 29

BREAKFAST

Breakfast Pizza

LUNCH

ENTREE CHOICES

Stuffed Shells w/ Italian Bread

Spicy Chicken Tenders

Variety of Sandwiches

SIDE CHOICES

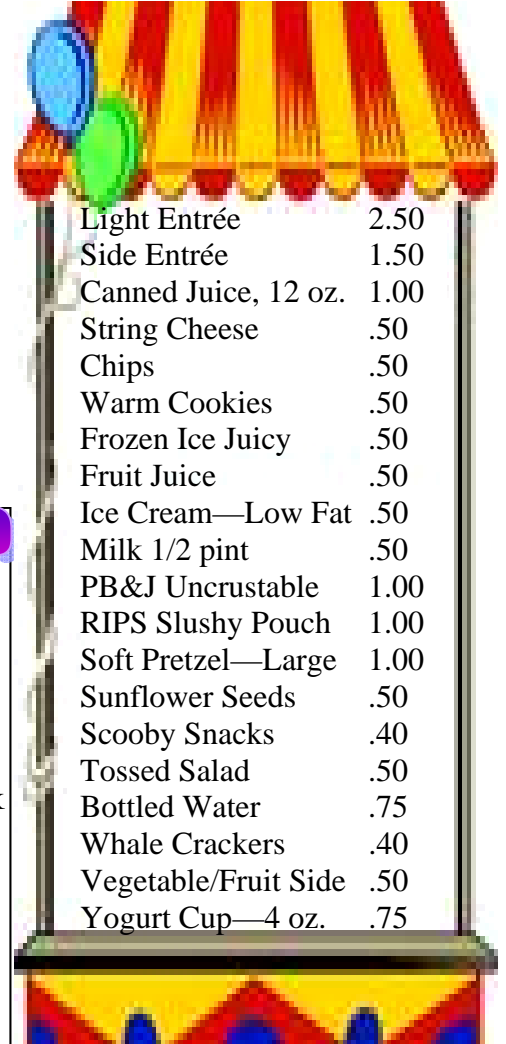
Garden Salad w/ Dressing

Green Beans

Mandarin Oranges

Fresh Fruit

Chilled Milk



Light Entrée	2.50
Side Entrée	1.50
Canned Juice, 12 oz.	1.00
String Cheese	.50
Chips	.50
Warm Cookies	.50
Frozen Ice Juicy	.50
Fruit Juice	.50
Ice Cream—Low Fat	.50
Milk 1/2 pint	.50
PB&J Uncrustable	1.00
RIPS Slushy Pouch	1.00
Soft Pretzel—Large	1.00
Sunflower Seeds	.50
Scooby Snacks	.40
Tossed Salad	.50
Bottled Water	.75
Whale Crackers	.40
Vegetable/Fruit Side	.50
Yogurt Cup—4 oz.	.75

What's Included In Our Meals?

Breakfast

Entrée, Fruit or Fruit Juice & Milk

Paid Student \$ 1.05 Reduced Price Student \$.20



Lunch

Entrée, Veg/Fruit #1, Veg/Fruit #2 & Milk

Paid Student—Elementary \$ 1.90

Paid Student—Secondary \$ 2.00

Reduced Price Student \$.40



Are you currently approved for **FREE** or **REDUCED** lunches????

Jump start your day with a healthy

FREE or **REDUCED** priced breakfast as well.

For the HCPS website and Mobile Menus, Scan with your Smart Phone



Food Service Staff Needed!

Starting at \$8.00/Hr.

Work while your children are in school....

Be off when they are not in school!

No summers...No weekends & No holidays!

Apply online at www.hcps.org

Start Working Immediately!