

# BHHS September Menu 2017





BREAKFAST \$1.50

LUNCH \$2.85

Menu subject to change

"Brookings-Harbor school district is an equal opportunity provider"

4	5	6	7	8
 <p><b>Labor Day</b></p>	<p>No school</p> <p><i>*Cheese Pizza Day</i></p>	 <p><i>*Read a Book Day</i></p>	<p>No School</p> <p><i>*National Salami day</i></p>	<p>No School</p> <p><i>*Pardon day</i></p>
11	12	13	14	15
<p><b>NO SCHOOL</b> Teacher In Service Day</p> <p><i>* 9/11 Remembrance day</i></p>	<p>Breakfast bar with cheese stick</p> <p><b>On A Bun Day</b></p> <p><i>*Breaded Chicken</i></p> <p><i>*Fish</i></p> <p><i>*Charbroiled hamburger</i></p> <p><i>*National Video game day</i></p>	<p>Biscuit and Gravy</p> <p><b>Basket Day</b></p> <p><i>*Chicken strips</i></p> <p><i>*Fish Nuggets * Corndog</i></p> <p><b>All comes with soft pretzel</b></p> <p><i>*Defy Superstition Day</i></p>	<p>Pancake on a stick</p> <p><b>Asian Fusion Day</b></p> <p><i>*Egg roll</i></p> <p><i>*Sweet n sour Meatball</i></p> <p><i>*Teriyaki Chicken</i></p> <p><b>All served with rice</b></p> <p><i>*Cream filled donut day</i></p>	<p>Poptart with cheese stick</p> <p><b>Assorted Sandwich day</b></p> <p><i>*Philly Cheese sub</i></p> <p><i>*All Veggie bagel</i></p> <p><i>*Monte Cristo</i></p> <p><b>All served with chips</b></p> <p><i>*POW/MIA Recognition day</i></p>
18	19	20	21	22
<p>Breakfast bar with cheese stick</p> <p><b>On a Bun Day</b></p> <p><i>*Breaded Chicken</i></p> <p><i>*Fish</i></p> <p><i>*Charbroiled hamburger</i></p> <p><i>*National Cheeseburger day</i></p>	<p>Sunrise breakfast Sandwich</p> <p><b>Pasta Day</b></p> <p><i>*Spaghetti with meat</i></p> <p><i>*Tortellini chicken alfredo</i></p> <p><i>*Meaty Lasagna</i></p> <p><b>All Come with a roll</b></p> <p><i>*Talk like a pirate day</i></p>	<p>Biscuit and Gravy</p> <p><b>Basket Day</b></p> <p><i>*Chicken strips</i></p> <p><i>*Fish Nuggets * Corndog</i></p> <p><b>All comes with soft pretzel</b></p> <p><i>*Pepperoni Pizza Day</i></p>	<p>Waffle and sausage</p> <p><b>Assorted Flat bred Pizza</b></p> <p><i>*Pepperoni *Cheese</i></p> <p><i>*Deli *Ham n pineapple</i></p> <p><i>*International Peace Day</i></p>	<p>Poptart with cheese stick</p> <p><b>Assorted Sandwich day</b></p> <p><i>*Open Face Tuna melt</i></p> <p><i>*Egg salad sandwich</i></p> <p><i>*Turkey Sub</i></p> <p><b>All served with chips</b></p> <p><i>*Autumn Equinox Day</i></p>
25	26	27	28	29
<p>Breakfast burrito</p> <p><b>On A Bun Day</b></p> <p><i>*Breaded Chicken</i></p> <p><i>*Fish</i></p> <p><i>*Charbroiled hamburger</i></p> <p><i>*Notational Comic book day</i></p>	<p>Omelet with English Muffin</p> <p><b>Taco Tuesday</b></p> <p><i>* Ground Beef</i></p> <p><i>*Shredded Chicken</i></p> <p><i>*Black Bean Fiesta</i></p> <p><i>*Johnny Appleseed day</i></p>	<p>Biscuit and Gravy</p> <p><b>Short Order Day</b></p> <p><i>*Shredded BBQ Pork on bun</i></p> <p><i>*Super Nacho's</i></p> <p><i>*Really Sloppy Joe</i></p> <p><i>*Crush a can day</i></p>	<p>Pancake on a stick</p> <p><b>Asian Fusion Day</b></p> <p><i>*Egg roll</i></p> <p><i>*Sweet n sour Meatball</i></p> <p><i>*Teriyaki Chicken</i></p> <p><b>All served with rice</b></p> <p><i>*Ask a stupid question day</i></p>	<p>Fruited Coffee Cake with Cheese stick</p> <p><b>Wrap it up Day</b></p> <p><i>*PB and J wrap</i></p> <p><i>*Beef wrap</i></p> <p><i>*SW chicken wrap</i></p> <p><b>All served with chips</b></p> <p><i>*Confucius says day</i></p>




**\*Please pay on Delinquent accounts!!**



## Home of the BRUINS


# September



Welcome "Graduating Class Of 2018"

*Dates to remember:*

- \* **12th** New students and Freshman
- \* **School Pictures 14th**
- \* **15th** welcome back assembly
- \* **Senior information night 27th at 6**



**First Home Games!**

**Be there be loud!**


Varsity Football 9/15 at 7

Boys Varsity Soccer 9/14 at 7

Girls Varsity Soccer 9/9 at 1

Cross Country 9/9

Varsity Volleyball 9/5 at 5



*Breakfast Choices includes*

*Choices of Bagel & cream cheese, yogurt*

*parfait cup, Fruit Smoothies, cold cereal, and*

*hot cereal served daily for breakfast.*

*100% juice, 1% milk, and nonfat*

*flavored milk choices given daily*

*for both breakfast and lunch.*

**2 salad bars for lunch**

**includes but not limited to;**

*variety of fresh fruits, vegetables,*

*legumes, cheeses, cottage cheese,*

*salad toppers, and condiments.*

**DID YOU KNOW?**

Students must choose three full portions of the five, with at least one choice being a fruit or vegetable.

Schools also must ensure that components meet age-specific caloric minimums and maximums (k-12)

