



# BHHS 2018 Menu

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



## SEPTEMBER

**NEW!**

**Themed SALAD BAR week**

**Breakfast \$1.50**

**Lunch \$2.85**

Menu subject to change

Chef salad bar	3	4	5	6	7
diced ham diced turkey diced egg assorted cheese	 <b>labor day</b>	Pancake on a Stick  Corndog or Chicken strips n' pretzel	Biscuit n' Gravy  Shredded Pork Sliders TOT'S Fish stx n' Roll	Sunrise sandwich  Teriyaki Chicken Rice Eggrolls	WG Poptart w/cheese stx  California Club on ciabata <b>Chips</b> or <b>Combo Sub</b>
<b>Cesar salad</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
dice chicken croutons parmesan cheese	Breakfast bar w/cheese stx  <b>Beef Burger</b> or <b>Chicken on Bun</b>	French toast w/sausage  Spaghetti w/meat sauce Garlic toast or Chicken Tortellini	Biscuit n' Gravy  Super Nacho's	Potato skillet w/wg tortilla  Assorted Pizza	Muffin w/cheese stx  Make your own wrap <b>Chips</b> <b>Chicken Strip wrap</b>
<b>Spinach salad</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
chopped bacon blue cheese assorted nuts cranberry chopped egg	Breakfast Burrito  Corndog or Chicken strips n' pretzel	Pancake on a Stick  Bean n' cheese burrito or chicken Fajita	Biscuit n' Gravy  Dress your Dog Bar	Sunrise sandwich  Sweet n' sour meatballs Rice Egg rolls	WG Poptart w/cheese stx  Philly Cheese Chips Monte Cristo
<b>Asian salad bar</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
mandarin orange peas noodle almond mango slice	Breakfast bar w/cheese stx  <b>Beef Burger</b> or <b>Chicken on Bun</b>	French toast w/sausage  Potato Chowder Bread Stx Chicken Noodle soup	Biscuit n' Gravy  Shredded Pork on Bun TOT'S Fish stx n' Roll	Potato skillet w/wg tortilla  Assorted Pizza	Muffin w/cheese stx  Make your own wrap <b>Chips</b> <b>Chicken Strip wrap</b>



**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)



### Dates To Remember

9/4 New Students and Freshman start school

School Pictures TBD

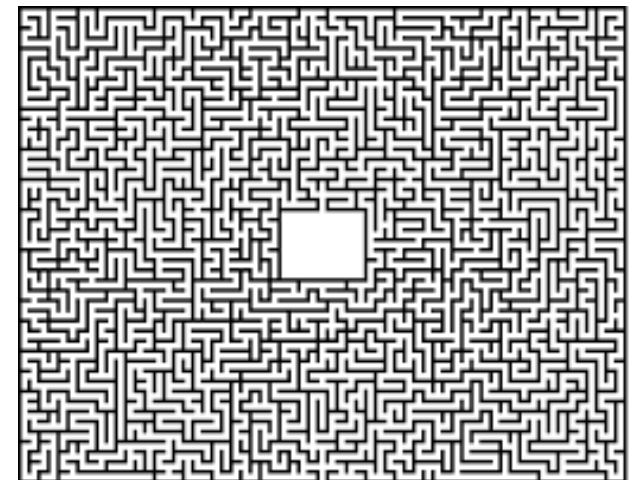
Welcome back assembly TBD

9/26 @ 6 senior information night



### First Home Games Be there Be Loud!

Varsity Football 9/2 at 7  
Boys Varsity Soccer 9/11 at 3  
Girls Varsity Soccer 8/25 at 10 am  
Varsity Volleyball 8/23  
Cross Country- BHHS Invitational 9/8 TBD



END

