



HCA Menu – October 2024

BREAKFAST ITEMS AVAILABLE EVERY DAY:

Breakfast Plate	\$4.00	Ramen	\$2.00
Acai Cup	\$5.00	Cereal	\$2.00
Yogurt	\$2.00	HB Eggs	\$1.00
Pancake	\$2.00	Fruit	\$1.00

DAILY BREAKFAST PLATES:

Monday – Cinnamon Roll, Boiled Eggs, Sausage	\$4.00
Tuesday – Pancakes, Scrambled Eggs, Bacon	\$4.00
Wednesday – Fruit Pastry, Fried Eggs, Ham	\$4.00
Thursday – French Toast, Scrambled Eggs, Sausage	\$4.00
Friday – Fruit Pastry, Fried Eggs, Ham	\$4.00

DRINKS:

Boxed Juice/Milk	\$1.00
Bottled Water	\$1.00
Canned Juice/Tea/Coffee	\$1.50
Bottled Juice (Aloe, Coconut Water)	\$2.00
Energy (Gatorade, Vit. C)	\$3.00

LUNCH ITEMS AVAILABLE EVERY DAY:

Hot Lunch-Set A	\$7.50	Deli Sandwich	\$6.00
K3-K5 Hot Lunch	\$5.00	Chef's Salad	\$5.00
Quick Lunch- Set B	\$6.00	Chicken Nuggets	\$3.50
Musubi	\$3.50	French Fries	\$3.00
Hotdog	\$3.50	Steamed Rice	\$2.00

QUICK LUNCH (Set B): Weekly Rotation

Monday – Yakisoba	\$6.00
Tuesday – Grilled Cheese w/ Fries or Tomato Soup	\$6.00
Wednesday – Build-an-Udon Bowl	\$6.00
Thursday – Build-a-Chili Bowl w/ Rice	\$6.00
Friday – Hand-made Pizza w/ Fries	\$6.00

SNACKS:

Sherbet Push Pop	\$1.50	Chips	\$1.50
Ice Cream Sandwich	\$2.50	Potato Stick Bowl	\$2.50

NO ID CARD FEE \$0.50

		Tuesday	Wednesday	Thursday	Friday	Saturday
		1 <u>HOT LUNCH:</u> Sloppy Joe French Fries Coleslaw Peaches	2 <u>HOT LUNCH:</u> Beef n Broccoli White Rice Spring Roll Fruit Cocktail	3 <u>HOT LUNCH:</u> Fish Tacos Spanish Rice Cadillac Beans Churros	4 <i>Sr. Class Fundraiser Lunch</i>	5
6	7 <u>HOT LUNCH:</u> Chicken Adobo White Rice Lumpia Pineapple	8 <u>HOT LUNCH:</u> Roast Beef Mashed Potato Green Beans Dinner Roll	9 <u>HOT LUNCH:</u> Sw n' Sour Pork White Rice Stir-fry Veggies Fruit Cocktail	10 <u>HOT LUNCH:</u> Beef Taco Spanish Rice Cadillac Beans Churros	11 <u>HOT LUNCH:</u> Spaghetti Garlic Bread Caesar Salad	12
13	14 COLUMBUS DAY No School	15 <u>HOT LUNCH:</u> Sloppy Joe French Fries Coleslaw Peaches	16 <u>HOT LUNCH:</u> Beef Bulgogi White Rice Mixed Kimchi Fruit Cocktail	17 <u>HOT LUNCH:</u> Fried Chicken White Rice Cadillac Beans Spanish Rolls	18 <u>HOT LUNCH:</u> Tortellini & Sun-dried Tomato Sauce Garlic Bread Caesar Salad	19
20	21 <u>HOT LUNCH:</u> Fiesta Chicken Red Rice Cucumber Salad Fruit Cocktail	22 <u>HOT LUNCH:</u> BBQ Pork Plate Mac & Cheese Coleslaw Peaches	23 <u>HOT LUNCH:</u> Teriyaki Chicken White Rice Stir-fry Veggies Fruit Cocktail	24 <u>HOT LUNCH:</u> Fried Fish Spanish Rice Cadillac Beans Churros	25 <u>HOT LUNCH:</u> Chicken Alfredo Garlic Bread Caesar Salad	26
27	28 <u>HOT LUNCH:</u> Tuna Poke White Rice Edamame Fruit Cocktail	29 <u>HOT LUNCH:</u> Chicken Tenders White Rice Mixed Veggies Peaches	30 <u>HOT LUNCH:</u> Beef n Broccoli White Rice Spring Roll Fruit Cocktail	31 <u>HOT LUNCH:</u> Fish Tacos Spanish Rice Cadillac Beans Pumpkin Turnover		

Menu subject to change due to ingredient availability.

Note: Harvest Christian Academy is NOT a nut-free or shellfish-free campus. While the majority of foods prepared in the cafeteria or H.U.B. do not contain nuts or seafood, there is the potential for cross contact and contamination. While Harvest Ministries' food service departments strive to identify ingredients that may cause allergic reactions, it cannot be guaranteed that every allergen in the food served will be identified and labeled.