



# HCA Menu – September 2023

## BREAKFAST ITEMS AVAILABLE EVERY DAY:

Breakfast Sandwich	\$3.50	Ramen	\$2.00
Fruit Smoothie	\$5.00	Cereal	\$1.00
Acai Cup	\$5.00	HB Eggs	\$1.00
Yogurt	\$2.00	Fruit	\$1.00
Donut	\$1.00	Oatmeal	\$1.00

## LUNCH ITEMS AVAILABLE EVERY DAY:

Hot Lunch-Set A	\$7.00	Chef's Salad	\$5.00
K3-K5 Hot Lunch	\$5.00	Fruit Smoothie	\$5.00
Quick Lunch- Set B	\$5.00	Deli Sandwich	\$5.00
Chicken Nuggets	\$3.50	French Fries	\$2.00
Hotdog	\$3.50	Steamed Rice	\$1.00
Musubi	\$3.50		

## DAILY BREAKFAST PLATES:

<b>Monday</b>	– Fruit Pastry, Boiled Eggs, Sausage	\$4.00
<b>Tuesday</b>	– Pancakes, Scrambled Eggs, Bacon	\$4.00
<b>Wednesday</b>	– Fruit Pastry, Fried Eggs, Ham	\$4.00
<b>Thursday</b>	– French Toast, Scrambled Eggs, Sausage	\$4.00
<b>Friday</b>	– Monkey Bread, Fired Eggs, Ham	\$4.00

## QUICK LUNCH (Set B): Weekly Rotation

<b>Monday</b>	– Yakisoba *new*	\$5.00
<b>Tuesday</b>	– Grilled Cheese w/ Fries or Tomato Soup	\$5.00
<b>Wednesday</b>	– Build-an-Udon Bowl	\$5.00
<b>Thursday</b>	– Build-a-Chili Bowl w/ Rice	\$5.00
<b>Friday</b>	– Hand-made Pizza w/ Fries	\$5.00

## 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

## SNACKS:

Sherbet Push Pop	\$1.00	Chips	\$1.00
Ice Cream Sandwich	\$2.00	Potato Stick Bowl	\$2.50

NO ID CARD FEE \$0.50

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 <b>HOT LUNCH:</b> Spaghetti Caesar Salad Garlic Bread	2
3	4 <b>LABOR DAY</b>  No School	5 <b>HOT LUNCH:</b> Chicken Tenders White Rice Mixed Veggies Peaches	6 <b>HOT LUNCH:</b> Beef n' Broccoli White Rice Spring Roll Mandarin Oranges	7 <b>HOT LUNCH:</b> Chicken Asado Spanish Rice Cadillac Beans Churros	8 <b>HOT LUNCH:</b> Lasagna Caesar Salad Garlic Bread	9
10	11 <b>HOT LUNCH:</b> Fiesta Chicken Red Rice Cucumber Salad Lumpia	12 <b>HOT LUNCH:</b> Roast Beef Mashed Potato Green Beans Dinner Roll	13 <b>HOT LUNCH:</b> Teriyaki Chicken White Rice Stir-fry Veggies Fruit Cocktail	14 <b>HOT LUNCH:</b> Pork Carnitas Spanish Rice Cadillac Beans Churros	15 <b>Sr. Class International Fundraiser Lunch</b>	16
17	18 <b>HOT LUNCH:</b> Chicken Adobo White Rice Lumpia Pineapple	19 <b>HOT LUNCH:</b> BBQ Pork Sandwich Mac & Cheese Cole slaw Peaches	20 <b>HOT LUNCH:</b> Beef Bulgogi White Rice Kimchi Fruit Cocktail	21 <b>HOT LUNCH:</b> Chicken Fajita Spanish Rice Cadillac Beans Churros	22 <b>HOT LUNCH:</b> Chicken Alfredo Caesar Salad Garlic Bread	23
24	25 <b>HOT LUNCH:</b> Hawaiian Pork White Rice Lumpia Pineapple	26 <b>HOT LUNCH:</b> Chicken Tenders White Rice Mixed Veggies Peaches	27 <b>HOT LUNCH:</b> Sweet n' Sour Pork White Rice Spring Roll Mango Tapioca	28 <b>HOT LUNCH:</b> Beef Taco Spanish Rice Cadillac Beans Churros	29 <b>HOT LUNCH:</b> Spaghetti Caesar Salad Garlic Bread	30

**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.