

August

Harmony Public Charter School

PreK-8 Lunch Menu

Lunch Entree

Meatball Marinara Sub

Meatless Meatball Sub

Turkey Ham & Cheese Sandwich

Vegetables

Green Beans

Carrot Sticks

Fruit

Assorted Fruit 2020

Milk

Low Fat (1%) Milk

Fat Free (Skim) Milk

Vanilla Soy Milk 🕸 🖤

Lunch Entree

Waffles & Eggs 3

Chicken Salad Wrap

Vegetables

Roasted Sweet Potato

Broccoli 2020

Fruit

Assorted Fruit @ 3

Milk

Low Fat (1%) Milk

Fat Free (Skim) Milk

Vanilla Soy Milk @@

Misc.

Breakfast Syrup 🕸 🏵

Lunch Entree

5

Turkey Meatloaf

Gardenburger® Veggie Burger ©

Curry Chicken Salad Sandwich

Vegetables

Mashed Potatoes @

Black Bean & Corn Salad

Fruit

Assorted Fruit 202

Grains

Honey Wheat Dinner Roll

Milk

Low Fat (1%) Milk
Fat Free (Skim) Milk

Vanilla Soy Milk @@

Lunch Entree

Hot Honey Glazed Chicken Thigh

Hot Honey Glazed Veggie Nuggets 3

Turkey & Cheese Sandwich

Vegetables

Steamed Broccoli

Coleslaw @@

Fruit

Assorted Fruit @ 3

Grains

Mini Whole Grain Biscuit

Milk

Low Fat (1%) Milk

Fat Free (Skim) Milk

(

Vanilla Soy Milk @@

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Lunch Entree

Turkey Sofrito Soft Tacos

Black Bean Soft Tacos ©

Pulled Buffalo Chicken Sandwich

Vegetables

Scratch Refried Beans

Potato Salad

Fruit

Assorted Fruit @ 1

Milk

Low Fat (1%) Milk

Fat Free (Skim) Milk

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Vanilla Soy Milk @@

Misc.

Hot Sauce

Condiments

BBQ Sauce

Roll @@ Turkey & Cheese Vegetables Savory Baked Beans Potato Salad Assorted Fruit 2020 Grains Whole Wheat Dinner Low Fat (1%) Milk

Fat Free (Skim) Milk

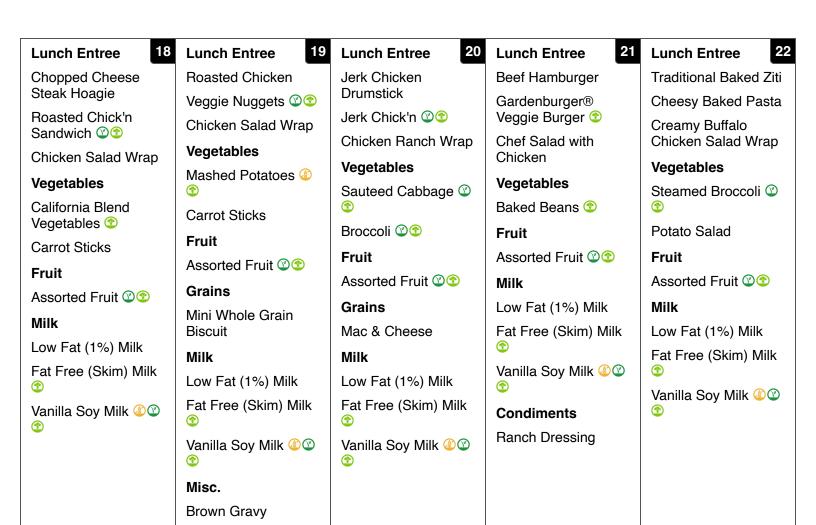
Vanilla Soy Milk @@

Condiments

Ketchup

Fat Free (Skim) Milk

Vanilla Soy Milk @@



Lunch Entree

Hot Dog

Gardenburger® Veggie Burger ©

Sunbutter & Jelly Sandwich Meal with String Cheese ②

Vegetables

Mixed Vegetables, 4 Way Blend

Cucumber Slices ②

Fruit

Assorted Fruit 200

Milk

Low Fat (1%) Milk Fat Free (Skim) Milk

Vanilla Soy Milk <a>◊○
<a>○

Lunch Entree

25

French Toast Sticks & Sausage

BBQ Chicken Wrap

Vegetables

Homefries

Potato Salad

Fruit

Assorted Fruit @@

Milk

Low Fat (1%) Milk Fat Free (Skim) Milk

Vanilla Soy Milk @ @

Misc.

Breakfast Syrup 2020

Lunch Entree

26

Asian Chicken & Noodle Stir Fry with Cabbage and Broccoli

Asian Chick'n &
Noodle Stir Fry with
Cabbage and
Broccoli

Greek Chicken Salad & Roll

Fruit

Assorted Fruit @ 1

Milk

Low Fat (1%) Milk
Fat Free (Skim) Milk

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Vanilla Soy Milk @@

Lunch Entree

27

Turkey Taco Burrito Bowl

Southwest Vegetarian Burrito Bowl w/ Black Beans 2MMA 2WG 3/4c B/L

Turkey & Cheese Sandwich

Vegetables

Carrot & Celery Cup with Ranch Dressing

Fruit

Fresh Orange 🎱 🌚

Milk

Low Fat (1%) Milk
Fat Free (Skim) Milk

Vanilla Soy Milk @@

Lunch Entree

28

Chicken & Turkey Ham Jambalaya

Vegetarian Jambalaya

Curry Chicken Salad Sandwich

Vegetables

Seasoned/Roasted Carrots

Roasted Chickpeas

Fruit

Assorted Fruit 22

Milk

Low Fat (1%) Milk

Fat Free (Skim) Milk

Vanilla Soy Milk <a>©
<a>©

Gluten Free: 🕙 Vegan: 🕐 Vegetarian: 💎

This institution is an equal opportunity provider. Menu subject to change.