








































August



Harmony Public Charter School

PreK-8 Lunch Menu

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Lunch Entree 4	Lunch Entree 5	Lunch Entree 6	Lunch Entree 7	Lunch Entree 8
Meatball Marinara Sub	Waffles & Eggs 🌱	Turkey Meatloaf	Hot Honey Glazed Chicken Thigh	Turkey Sofrito Soft Tacos
Meatless Meatball Sub	Chicken Salad Wrap	Gardenburger® Veggie Burger 🌱	Hot Honey Glazed Veggie Nuggets 🌱	Black Bean Soft Tacos 🌱
Turkey Ham & Cheese Sandwich	Vegetables	Curry Chicken Salad Sandwich	Turkey & Cheese Sandwich	Pulled Buffalo Chicken Sandwich
Vegetables	Roasted Sweet Potato	Vegetables	Vegetables	Vegetables
Green Beans	Broccoli 🌱🌱	Mashed Potatoes 🌱🌱	Steamed Broccoli 🌱	Scratch Refried Beans
Carrot Sticks	Fruit	Black Bean & Corn Salad	Coleslaw 🌱🌱	Potato Salad
Fruit	Assorted Fruit 🌱🌱	Fruit	Fruit	Fruit
Assorted Fruit 🌱🌱	Milk	Assorted Fruit 🌱🌱	Assorted Fruit 🌱🌱	Assorted Fruit 🌱🌱
Milk	Low Fat (1%) Milk	Grains	Grains	Milk
Low Fat (1%) Milk	Fat Free (Skim) Milk 🌱	Honey Wheat Dinner Roll	Mini Whole Grain Biscuit	Low Fat (1%) Milk
Fat Free (Skim) Milk 🌱	Vanilla Soy Milk 🌱🌱	Milk	Milk	Fat Free (Skim) Milk 🌱
Vanilla Soy Milk 🌱🌱	Misc.	Low Fat (1%) Milk	Low Fat (1%) Milk	Vanilla Soy Milk 🌱🌱
	Breakfast Syrup 🌱🌱	Fat Free (Skim) Milk 🌱	Fat Free (Skim) Milk 🌱	Misc.
		Vanilla Soy Milk 🌱🌱	Vanilla Soy Milk 🌱🌱	Hot Sauce

Lunch Entree 18	Lunch Entree 19	Lunch Entree 20	Lunch Entree 21	Lunch Entree 22
Chopped Cheese Steak Hoagie	Roasted Chicken	Jerk Chicken Drumstick	Beef Hamburger	Traditional Baked Ziti
Roasted Chick'n Sandwich 🌱🌱	Veggie Nuggets 🌱🌱	Jerk Chick'n 🌱🌱	Gardenburger® Veggie Burger 🌱	Cheesy Baked Pasta
Chicken Salad Wrap	Chicken Salad Wrap	Chicken Ranch Wrap	Chef Salad with Chicken	Creamy Buffalo Chicken Salad Wrap
Vegetables	Vegetables	Vegetables	Vegetables	Vegetables
California Blend Vegetables 🌱	Mashed Potatoes 🌱🌱	Sauteed Cabbage 🌱	Baked Beans 🌱	Steamed Broccoli 🌱
Carrot Sticks	Carrot Sticks	Broccoli 🌱🌱	Fruit	Potato Salad
Fruit	Fruit	Fruit	Assorted Fruit 🌱🌱	Fruit
Assorted Fruit 🌱🌱	Assorted Fruit 🌱🌱	Assorted Fruit 🌱🌱	Milk	Assorted Fruit 🌱🌱
Milk	Grains	Grains	Low Fat (1%) Milk	Milk
Low Fat (1%) Milk	Mini Whole Grain Biscuit	Mac & Cheese	Fat Free (Skim) Milk 🌱	Low Fat (1%) Milk
Fat Free (Skim) Milk 🌱	Milk	Milk	Vanilla Soy Milk 🌱🌱	Fat Free (Skim) Milk 🌱
Vanilla Soy Milk 🌱🌱	Low Fat (1%) Milk	Low Fat (1%) Milk	Condiments	Vanilla Soy Milk 🌱🌱
	Fat Free (Skim) Milk 🌱	Fat Free (Skim) Milk 🌱	Ranch Dressing	
	Vanilla Soy Milk 🌱🌱	Vanilla Soy Milk 🌱🌱		
	Misc.			
	Brown Gravy			

Lunch Entree 25 Hot Dog Gardenburger® Veggie Burger  Sunbutter & Jelly Sandwich Meal with String Cheese  Vegetables Mixed Vegetables, 4 Way Blend Cucumber Slices  Fruit Assorted Fruit   Milk Low Fat (1%) Milk Fat Free (Skim) Milk  Vanilla Soy Milk   	Lunch Entree 26 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  	Lunch Entree 27 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   Milk Low Fat (1%) Milk Fat Free (Skim) Milk  Vanilla Soy Milk   	Lunch Entree 28 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 29 Chicken & Turkey Ham Jambalaya Vegetarian Jambalaya Curry Chicken Salad Sandwich Vegetables Seasoned/Roasted Carrots Roasted Chickpeas   Fruit Assorted Fruit   Milk Low Fat (1%) Milk Fat Free (Skim) Milk  Vanilla Soy Milk   
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Gluten Free: 
Vegan: 
Vegetarian: 

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