

September

Harmony Public Charter School

PreK-8 Lunch Menu

Lunch Entree

1

Cheesy Baked Pasta
Creamy Buffalo
Chicken Salad Wrap

Vegetables

Green Beans
Black Bean & Corn
Salad

Fruit

Assorted Fruit 🍏🍏

Milk

Low Fat (1%) Milk
Fat Free (Skim) Milk
🍏
Vanilla Soy Milk 🍏🍏
🍏

Lunch Entree

2

Pepperoni Pizza
Cheese Pizza
Sliced Turkey &
Cheese on a Bagel

Vegetables

Seasoned/Roasted
Carrots
Broccoli Salad

Fruit

Assorted Fruit 🍏🍏

Milk

Low Fat (1%) Milk
Fat Free (Skim) Milk
🍏
Vanilla Soy Milk 🍏🍏
🍏

Lunch Entree

3

Oven Fried Chicken
Honey Glazed
Chick'n
Chef Salad with
Turkey Ham

Vegetables

Creamy Red Beans

Fruit

Assorted Fruit 🍏🍏

Grains

Cilantro Lime Brown
Rice 🍏

Milk

Low Fat (1%) Milk
Fat Free (Skim) Milk
🍏
Vanilla Soy Milk 🍏🍏
🍏

Lunch Entree

4

Butter Chicken,
Scratch 2 MMA
Turkey Ham &
Cheese Hoagie
Roast Chick'n 🍏🍏

Vegetables

Lemon Pepper
Broccoli
Carrot Sticks

Fruit

Assorted Fruit 🍏🍏

Grains

Brown Rice 🍏

Milk

Low Fat (1%) Milk
Fat Free (Skim) Milk
🍏
Vanilla Soy Milk 🍏🍏
🍏

Lunch Entree

5

Korean Style
Meatballs
Teriyaki Veggie
Meatball
Chicken Ranch Wrap

Vegetables

Green Peas
Spicy Slaw

Fruit

Assorted Fruit 🍏🍏

Grains

Brown Rice 🍏

Milk

Low Fat (1%) Milk
Fat Free (Skim) Milk
🍏
Vanilla Soy Milk 🍏🍏
🍏

Lunch Entree Chicken Tenders Chick'n Tenders Turkey Ham & Cheese Hoagie Vegetables Honey Glazed Carrots Broccoli Fruit Assorted Fruit Grains Whole Wheat Dinner Roll Milk Low Fat (1%) Milk Fat Free (Skim) Milk Vanilla Soy Milk	8	Lunch Entree Cheeseburger Macaroni & Cheese Chicken Salad Wrap Vegetables Mixed Vegetables Carrot Sticks Fruit Assorted Fruit Grains Mac & Cheese Milk Low Fat (1%) Milk Fat Free (Skim) Milk Vanilla Soy Milk	9	Lunch Entree Piri Piri Chicken Piri Piri Chick'n Greek Chicken Wrap Vegetables Fresh Roasted Broccoli with Garlic Cucumber Slices Fruit Assorted Fruit Grains Jollof Rice Milk Low Fat (1%) Milk Fat Free (Skim) Milk Vanilla Soy Milk	10	Lunch Entree Beef Cheeseburger Gardenburger® Veggie Burger Chipotle Chicken Sandwich Vegetables Steamed Corn Roasted Chickpeas Fruit Assorted Fruit Milk Low Fat (1%) Milk Fat Free (Skim) Milk Vanilla Soy Milk	11	Lunch Entree BBQ Rub Chicken BBQ Rub Chick'n Crispy Chicken Salad Vegetables Baked Beans Fruit Assorted Fruit Grains Mini Whole Grain Biscuit Milk Low Fat (1%) Milk Fat Free (Skim) Milk Vanilla Soy Milk	12
Lunch Entree Meatball Marinara Sub Meatless Meatball Sub Turkey Ham & Cheese Sandwich Vegetables Green Beans Carrot Sticks Fruit Assorted Fruit Milk Low Fat (1%) Milk Fat Free (Skim) Milk Vanilla Soy Milk	15	Lunch Entree Waffles & Eggs Chicken Salad Wrap Vegetables Roasted Sweet Potato Broccoli Fruit Assorted Fruit Milk Low Fat (1%) Milk Fat Free (Skim) Milk Vanilla Soy Milk Misc. Breakfast Syrup	16	Lunch Entree Turkey Meatloaf Gardenburger® Veggie Burger Curry Chicken Salad Sandwich Vegetables Mashed Potatoes Black Bean & Corn Salad Fruit Assorted Fruit Grains Honey Wheat Dinner Roll Milk Low Fat (1%) Milk Fat Free (Skim) Milk Vanilla Soy Milk	17	Lunch Entree Hot Honey Glazed Chicken Thigh Hot Honey Glazed Veggie Nuggets Turkey & Cheese Sandwich Vegetables Steamed Broccoli Coleslaw Fruit Assorted Fruit Grains Mini Whole Grain Biscuit Milk Low Fat (1%) Milk Fat Free (Skim) Milk Vanilla Soy Milk	18	Lunch Entree Turkey Sofrito Soft Tacos Black Bean Soft Tacos Pulled Buffalo Chicken Sandwich Vegetables Scratch Refried Beans Potato Salad Fruit Assorted Fruit Milk Low Fat (1%) Milk Fat Free (Skim) Milk Vanilla Soy Milk Misc. Hot Sauce	19

<div>Lunch Entree29</div> <div>Chopped Cheese Steak Hoagie</div> <div>Roasted Chick'n Sandwich</div> <div>Chicken Salad Wrap</div> <div>Vegetables</div> <div>California Blend Vegetables</div> <div>Carrot Sticks</div> <div>Fruit</div> <div>Assorted Fruit</div> <div>Milk</div> <div>Low Fat (1%) Milk</div> <div>Fat Free (Skim) Milk</div> <div>Vanilla Soy Milk</div>	<div>Lunch Entree30</div> <div>Roasted Chicken</div> <div>Veggie Nuggets</div> <div>Chicken Salad Wrap</div> <div>Vegetables</div> <div>Mashed Potatoes</div> <div>Carrot Sticks</div> <div>Fruit</div> <div>Assorted Fruit</div> <div>Grains</div> <div>Mini Whole Grain Biscuit</div> <div>Milk</div> <div>Low Fat (1%) Milk</div> <div>Fat Free (Skim) Milk</div> <div>Vanilla Soy Milk</div> <div>Misc.</div> <div>Brown Gravy</div>			
<div> <div>Contains Pork:</div> <div>Gluten Free:</div> <div>Kosher:</div> <div>Locally Grown:</div> <div>Organic:</div> <div>Vegan:</div> <div>Vegetarian:</div> </div> <div>This institution is an equal opportunity provider. Menu subject to change.</div>				