

October

Harmony Public Charter School

PreK-8 Lunch Menu

		Lunch Entree Jerk Chicken Drumstick Jerk Chick'n Chicken Ranch Wrap Vegetables Sauteed Cabbage Broccoli Fruit Assorted Fruit Grains Mac & Cheese Milk Low Fat (1%) Milk Fat Free (Skim) Milk Vanilla Soy Milk	Lunch Entree Beef Hamburger Veggie Burger on Whole Grain Bun Chef Salad with Chicken Vegetables Baked Beans Fruit Assorted Fruit Milk Low Fat (1%) Milk Fat Free (Skim) Milk Vanilla Soy Milk Condiments Ranch Dressing	Lunch Entree Traditional Baked Ziti Cheesy Baked Pasta Creamy Buffalo Chicken Salad Wrap Vegetables Steamed Broccoli Potato Salad Fruit Assorted Fruit Milk Low Fat (1%) Milk Fat Free (Skim) Milk Vanilla Soy Milk
Lunch Entree Hot Dog on Whole Grain Bun Veggie Burger on Whole Grain Bun 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 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 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 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 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

Lunch Entree 13 Pepperoni Pizza WG 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 14 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 15 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 16 Butter Chicken 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 17 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 20 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  	Lunch Entree 21 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  	Lunch Entree 22 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  	Lunch Entree 23 Beef Cheeseburger Veggie Burger on Whole Grain Bun  Chipotle Chicken Sandwich Vegetables Steamed Corn Roasted Chickpeas  Fruit Assorted Fruit   Milk Low Fat (1%) Milk Fat Free (Skim) Milk  Vanilla Soy Milk  	Lunch Entree 24 BBQ Rub Chicken Crispy Chicken Salad BBQ Rub Chick'n  Vegetables Baked Beans  Fruit Assorted Fruit   Grains Mini Whole Grain Biscuit Milk Low Fat (1%) Milk Fat Free (Skim) Milk  Vanilla Soy Milk  

Lunch Entree 27 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	Lunch Entree 28 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	Lunch Entree 29 Turkey Meatloaf Veggie Burger on Whole Grain Bun 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	Lunch Entree 30 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	Lunch Entree 31 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
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Gluten Free:
Kosher:
Organic:
Peanut Free:
Vegan:
Vegetarian:
Whole Grain-Rich:

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