# **October**

## **Harmony Public Charter School** PreK-8 Lunch Menu

**Lunch Entree** Jerk Chicken Drumstick Jerk Chick'n (11) Chicken Ranch Wrap Vegetables

Whole Grain Bun 👚

Chef Salad with Chicken Vegetables

**Lunch Entree** 

Beef Hamburger

Veggie Burger on

Baked Beans (\*\*)

Fat Free (Skim) Milk

Vanilla Soy Milk 🌋

Assorted Fruit (\*\*)

Fruit Low Fat (1%) Milk

# Lunch Entree Traditional Baked Ziti Cheesy Baked Pasta Creamy Buffalo Chicken Salad Wrap Vegetables Steamed Broccoli 🕐 Potato Salad Assorted Fruit (\*\*) Milk Low Fat (1%) Milk Fat Free (Skim) Milk Vanilla Soy Milk 邎

Sauteed Cabbage (Y)

Broccoli (Y) ( P Fruit

Assorted Fruit (17)

Grains Mac & Cheese

Milk

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

Vanilla Soy Milk 🏄  $\mathcal{P}$ 

Condiments **Ranch Dressing** 

Fruit

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 (Y)



#### Fruit

Assorted Fruit (11)



### Milk

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



#### **Lunch Entree**

French Toast Sticks & Sausage

BBQ Chicken Wrap

### **Vegetables**

Homefries

Potato Salad

### Fruit

Assorted Fruit (Y) (\*\*)



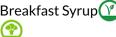
### Milk

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



### Misc.

Breakfast Syrup(Y)



#### **Lunch Entree**

Asian Chicken & Noodle Stir Fry with Cabbage and Broccoli Asian Chick'n & Noodle Stir Fry with Cabbage and Broccoli (11)

Greek Chicken Salad & Roll

#### Fruit



Assorted Fruit (17)

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

Vanilla Soy Milk 🎉  $\mathcal{P}$ 

#### **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 (Y) ( P)



#### Milk

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

Vanilla Soy Milk 🏄 (Y)

#### Lunch Entree

Chicken & Turkey Ham Jambalava Vegetarian Jambalaya Curry Chicken Salad

10

### Sandwich Vegetables

Seasoned/Roasted Carrots

Roasted Chickpeas (Y)



### Fruit

Assorted Fruit (17)



#### Milk

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



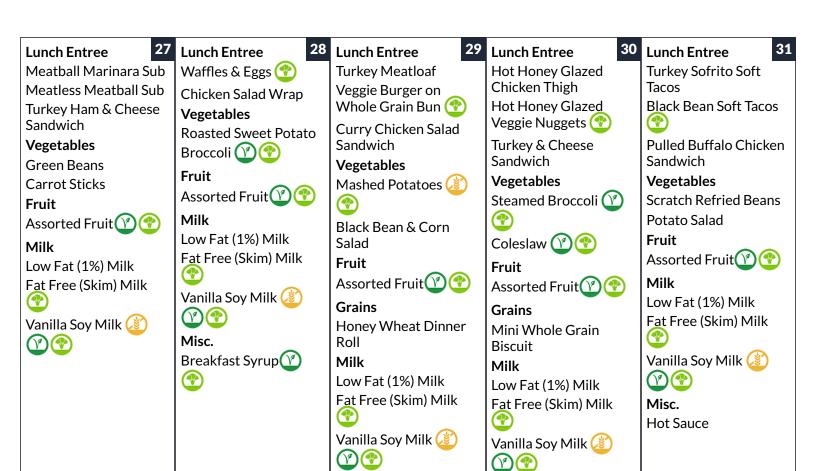
Vanilla Soy Milk 🎉





























Gluten Free: (3) Kosher: (U) Organic: (E) Peanut Free: (B) Vegan: (Y) Vegetarian: (P) Whole Grain-Rich: (S)







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