

November

Harmony Public Charter School PreK-8 Lunch Menu

Lunch Entree

WG Cheese Pizza Turkey Ham & Cheese Hoagie

Vegetables

Seasoned/Roasted Carrots Black Bean & Corn

Salad Fruit

Assorted Fruit (Y) (**)



Milk

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



Lunch Entree

Chicken Parmesan & Marinara over Pasta BBQ Chick'n Sandwich

BBQ Chicken on a Roll

Vegetables

Green Peas Broccoli Salad

Fruit

Assorted Fruit (17)



Milk

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



Condiments BBQ Sauce

Lunch Entree

Pasta with Meat Sauce Cheesy Baked Pasta Cheesy Pasta Salad

Vegetables

Steamed Broccoli (1)



Carrot Sticks

Fruit

100% Fruit Juice 🎉



Milk

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



Lunch Entree

Sweet & Sour Chicken Sweet & Sour Chick'n

Sunbutter & Jelly Sandwich Meal with String Cheese (**)

Vegetables

Green Beans Celery Stick

Fruit

Assorted Fruit (17)



Grains

Brown Rice 🎉



Milk

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

Vanilla Soy Milk 🎉



Chicken Nuggets Veggie Nuggets & Roll

Turkey & Cheese Wrap

Vegetables

Savory Baked Beans



Potato Salad

Fruit

Assorted Fruit (11)



Grains

Whole Wheat Dinner Roll

Milk

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

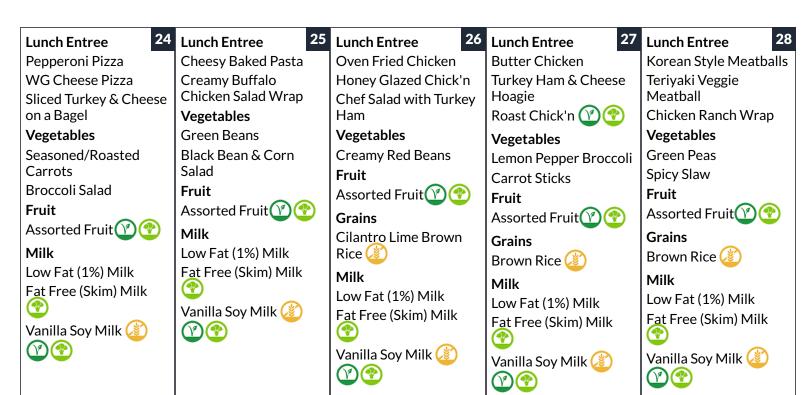




Condiments Ketchup







Gluten Free: 🕙 Kosher: 🕛 Vegan: 🕜 Vegetarian: 🔮





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