

November

Harmony Public Charter School

PreK-8 Lunch Menu

Lunch Entree 3	Lunch Entree 4	Lunch Entree 5	Lunch Entree 6	Lunch Entree 7
WG Cheese Pizza Turkey Ham & Cheese Hoagie	Chicken Parmesan & Marinara over Pasta BBQ Chick'n Sandwich	Pasta with Meat Sauce Cheesy Baked Pasta Cheesy Pasta Salad	Sweet & Sour Chicken Sweet & Sour Chick'n	Chicken Nuggets Veggie Nuggets & Roll
Vegetables Seasoned/Roasted Carrots Black Bean & Corn Salad	  BBQ Chicken on a Roll Vegetables Green Peas Broccoli Salad	 Vegetables Steamed Broccoli   Carrot Sticks	  Sunbutter & Jelly Sandwich Meal with String Cheese 	  Turkey & Cheese Wrap Vegetables Savory Baked Beans
Fruit Assorted Fruit  	Fruit Assorted Fruit  	Fruit 100% Fruit Juice 	Fruit Assorted Fruit  	Fruit Assorted Fruit  
Milk Low Fat (1%) Milk Fat Free (Skim) Milk  Vanilla Soy Milk 	Milk Low Fat (1%) Milk Fat Free (Skim) Milk  Vanilla Soy Milk 	Milk Low Fat (1%) Milk Fat Free (Skim) Milk  Vanilla Soy Milk 	Grains Brown Rice  Milk Low Fat (1%) Milk Fat Free (Skim) Milk  Vanilla Soy Milk 	Grains Whole Wheat Dinner Roll Milk Low Fat (1%) Milk Fat Free (Skim) Milk  Vanilla Soy Milk 
	Condiments BBQ Sauce	   	   	  Condiments Ketchup

Lunch Entree 10 Chopped Cheese Steak Hoagie Roasted Chick'n Sandwich Chicken Salad Wrap Vegetables California Blend Vegetables Carrot Sticks Fruit Assorted Fruit Milk Low Fat (1%) Milk Fat Free (Skim) Milk Vanilla Soy Milk	Lunch Entree 11 Roasted Chicken Veggie Nuggets Chicken Salad Wrap Vegetables Mashed Potatoes Carrot Sticks Fruit Assorted Fruit Grains Mini Whole Grain Biscuit Milk Low Fat (1%) Milk Fat Free (Skim) Milk Vanilla Soy Milk Misc. Brown Gravy	Lunch Entree 12 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 13 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 14 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 17 Turkey 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 18 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 19 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 20 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 21 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 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	24 Lunch Entree 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	25 Lunch Entree 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	26 Lunch Entree 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	27 Lunch Entree 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	28 Lunch Entree 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
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Gluten Free: 
 Kosher: 
 Vegan: 
 Vegetarian: 

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