

January

Harmony Public Charter School PreK-8 Lunch Menu

			Lunch Entree Turkey Taco Burrito Bowl Southwest Vegetarian Burrito Bowl w/ Black Beans 2MMA 2WG 3/4c B/L  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 Vegan 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   	Lunch Entree Cheesy Baked Pasta  Vegetables Creamy Buffalo Chicken Salad Wrap Fruit Assorted Fruit   Milk Low Fat (1%) Milk Fat Free (Skim) Milk  Vanilla Soy Milk   	Lunch Entree Oven Fried Chicken Honey Glazed Chick'n  Vegetables Chef Salad with Turkey Ham Fruit Assorted Fruit   Grains Cilantro Lime Brown Rice  Milk Low Fat (1%) Milk Fat Free (Skim) Milk  Vanilla Soy Milk   	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   	Lunch Entree Korean Style Meatballs Teriyaki Veggie Meatballs   Vegetables Chicken Ranch Wrap Fruit Assorted Fruit   Grains Green Peas Spicy Slaw Fruit Assorted Fruit   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     	12	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     	13	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     	14	Lunch Entree Beef Cheeseburger Veggie Burger on Whole Grain Bun  Chipotle Chicken Sandwich Vegetables Steamed Corn Roasted Chickpeas  Fruit Assorted Fruit   Grains Assorted Fruit   Milk Low Fat (1%) Milk Fat Free (Skim) Milk  Vanilla Soy Milk     	15	Lunch Entree 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     	16
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     	19	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     	20	Lunch Entree Turkey Meatloaf Veggie Burger on Whole Grain Bun  Curry Chicken Salad Sandwich Vegetables Mashed Potatoes   Fruit Black Bean & Corn Salad Milk Assorted Fruit   Grains Honey Wheat Dinner Roll Milk Low Fat (1%) Milk Fat Free (Skim) Milk  Vanilla Soy Milk     	21	Lunch Entree Hot Honey Glazed Chicken Thigh Hot Honey Glazed Veggie Nuggets  Turkey & Cheese Sandwich Vegetables Steamed Broccoli   Fruit Coleslaw   Milk Assorted Fruit   Grains Mini Whole Grain Biscuit Milk Low Fat (1%) Milk Fat Free (Skim) Milk  Vanilla Soy Milk     	22	Lunch Entree Turkey Sofrito Soft Tacos Black Bean Soft Tacos   Vegetables Scratch Refried Beans Potato Salad Fruit Assorted Fruit   Milk Low Fat (1%) Milk Fat Free (Skim) Milk  Vanilla Soy Milk      Misc. Hot Sauce	23

Lunch Entree WG Cheese Pizza Turkey Ham & Cheese Hoagie Vegetables Seasoned/Roasted Carrots Black Bean & Corn Salad Fruit Assorted Fruit   Milk MILK, 1% LOW FAT CARTON REF  MILK, SKIM CARTON GABLE TOP REF FAT- FREE	Lunch Entree 26 Chicken Parmesan & Marinara over Pasta BBQ Chick'n Sandwich  BBQ Chicken Sandwich Vegetables Green Beans Broccoli Salad Fruit Assorted Fruit   Milk MILK, 1% LOW FAT CARTON REF  MILK, SKIM CARTON GABLE TOP REF FAT- FREE Pearl Organic Original Soymilk  Condiments BBQ Sauce	Lunch Entree 27 Pasta with Meat Sauce Cheesy Pasta Bake  Cheesy Pasta Salad  Vegetables Steamed Broccoli  Carrot Sticks Fruit 100% Fruit Juice  Milk MILK, 1% LOW FAT CARTON REF  MILK, SKIM CARTON GABLE TOP REF FAT- FREE Pearl Organic Original Soymilk 	Lunch Entree 28 Sweet & Sour Chicken Sweet & Sour Chick'n  Sunbutter & Jelly Sandwich Meal with String Cheese  Vegetables Green Peas Celery Stick Fruit Assorted Fruit   Grains Brown Rice  Milk MILK, 1% LOW FAT CARTON REF  MILK, SKIM CARTON GABLE TOP REF FAT- FREE Pearl Organic Original Soymilk 	Lunch Entree 29 Chicken Nuggets (Bakebrush) 2MMA 1G Veggie Nuggets   Turkey & Cheese Wrap Vegetables Savory Baked Beans  Potato Salad Fruit Assorted Fruit   Grains Whole Grain Dinner Roll Milk MILK, 1% LOW FAT CARTON REF  MILK, SKIM CARTON GABLE TOP REF FAT- FREE Pearl Organic Original Soymilk  Condiments Ketchup	Lunch Entree 30 Chicken Nuggets (Bakebrush) 2MMA 1G Veggie Nuggets   Turkey & Cheese Wrap Vegetables Savory Baked Beans  Potato Salad Fruit Assorted Fruit   Grains Whole Grain Dinner Roll Milk MILK, 1% LOW FAT CARTON REF  MILK, SKIM CARTON GABLE TOP REF FAT- FREE Pearl Organic Original Soymilk  Condiments Ketchup
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Gluten Free:  GMO Free:  Kosher:  Organic:  Vegan:  Vegetarian: 

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