





























# January

## Harmony Public Charter School

### PreK-8 Lunch Menu

			<p><b>Lunch Entree</b> Turkey Taco Burrito Bowl Southwest Vegetarian Burrito Bowl w/ Black Beans 2MMA 2WG 3/4c B/L  Turkey &amp; Cheese Sandwich <b>Vegetables</b> Carrot &amp; Celery Cup with Ranch Dressing  <b>Fruit</b> Fresh Orange   <b>Milk</b> Low Fat (1%) Milk Fat Free (Skim) Milk  Vanilla Soy Milk   </p>	<p><b>Lunch Entree</b> Chicken &amp; Turkey Ham Jambalaya Vegan Jambalaya  Curry Chicken Salad Sandwich <b>Vegetables</b> Seasoned/Roasted Carrots Roasted Chickpeas   <b>Fruit</b> Assorted Fruit   <b>Milk</b> Low Fat (1%) Milk Fat Free (Skim) Milk  Vanilla Soy Milk   </p>
<p><b>Lunch Entree</b> Pepperoni Pizza WG Cheese Pizza Sliced Turkey &amp; Cheese on a Bagel <b>Vegetables</b> Seasoned/Roasted Carrots Broccoli Salad <b>Fruit</b> Assorted Fruit   <b>Milk</b> Low Fat (1%) Milk Fat Free (Skim) Milk  Vanilla Soy Milk   </p>	<p><b>Lunch Entree</b> Cheesy Baked Pasta  Creamy Buffalo Chicken Salad Wrap <b>Vegetables</b> Green Beans Black Bean &amp; Corn Salad <b>Fruit</b> Assorted Fruit   <b>Milk</b> Low Fat (1%) Milk Fat Free (Skim) Milk  Vanilla Soy Milk   </p>	<p><b>Lunch Entree</b> Oven Fried Chicken Honey Glazed Chick'n  Chef Salad with Turkey Ham <b>Vegetables</b> Creamy Red Beans <b>Fruit</b> Assorted Fruit   <b>Grains</b> Cilantro Lime Brown Rice  <b>Milk</b> Low Fat (1%) Milk Fat Free (Skim) Milk  Vanilla Soy Milk   </p>	<p><b>Lunch Entree</b> Butter Chicken Turkey Ham &amp; Cheese Hoagie Roast Chick'n  <b>Vegetables</b> Lemon Pepper Broccoli Carrot Sticks <b>Fruit</b> Assorted Fruit   <b>Grains</b> Brown Rice  <b>Milk</b> Low Fat (1%) Milk Fat Free (Skim) Milk  Vanilla Soy Milk   </p>	<p><b>Lunch Entree</b> Korean Style Meatballs Teriyaki Veggie Meatballs   Chicken Ranch Wrap <b>Vegetables</b> Green Peas Spicy Slaw <b>Fruit</b> Assorted Fruit   <b>Grains</b> Brown Rice  <b>Milk</b> Low Fat (1%) Milk Fat Free (Skim) Milk  Vanilla Soy Milk   </p>

<b>Lunch Entree</b> <b>12</b> Chicken Tenders Chick'n Tenders  Turkey Ham & Cheese Hoagie <b>Vegetables</b> Honey Glazed Carrots Broccoli <b>Fruit</b> Assorted Fruit <b>Grains</b> Whole Wheat Dinner Roll <b>Milk</b> Low Fat (1%) Milk Fat Free (Skim) Milk Vanilla Soy Milk	<b>Lunch Entree</b> <b>13</b> Cheeseburger Macaroni & Cheese Chicken Salad Wrap <b>Vegetables</b> Mixed Vegetables Carrot Sticks <b>Fruit</b> Assorted Fruit <b>Grains</b> Mac & Cheese <b>Milk</b> Low Fat (1%) Milk Fat Free (Skim) Milk Vanilla Soy Milk	<b>Lunch Entree</b> <b>14</b> Piri Piri Chicken Piri Piri Chick'n Greek Chicken Wrap <b>Vegetables</b> Fresh Roasted Broccoli with Garlic Cucumber Slices <b>Fruit</b> Assorted Fruit <b>Grains</b> Jollof Rice <b>Milk</b> Low Fat (1%) Milk Fat Free (Skim) Milk Vanilla Soy Milk	<b>Lunch Entree</b> <b>15</b> Beef Cheeseburger Veggie Burger on Whole Grain Bun Chipotle Chicken Sandwich <b>Vegetables</b> Steamed Corn Roasted Chickpeas <b>Fruit</b> Assorted Fruit <b>Milk</b> Low Fat (1%) Milk Fat Free (Skim) Milk Vanilla Soy Milk	<b>Lunch Entree</b> <b>16</b> BBQ Rub Chicken Crispy Chicken Salad BBQ Rub Chick'n <b>Vegetables</b> Baked Beans <b>Fruit</b> Assorted Fruit <b>Grains</b> Mini Whole Grain Biscuit <b>Milk</b> Low Fat (1%) Milk Fat Free (Skim) Milk Vanilla Soy Milk
<b>Lunch Entree</b> <b>19</b> Meatball Marinara Sub Meatless Meatball Sub Turkey Ham & Cheese Sandwich <b>Vegetables</b> Green Beans Carrot Sticks <b>Fruit</b> Assorted Fruit <b>Milk</b> Low Fat (1%) Milk Fat Free (Skim) Milk Vanilla Soy Milk	<b>Lunch Entree</b> <b>20</b> Waffles & Eggs Chicken Salad Wrap <b>Vegetables</b> Roasted Sweet Potato Broccoli <b>Fruit</b> Assorted Fruit <b>Milk</b> Low Fat (1%) Milk Fat Free (Skim) Milk Vanilla Soy Milk <b>Misc.</b> Breakfast Syrup	<b>Lunch Entree</b> <b>21</b> Turkey Meatloaf Veggie Burger on Whole Grain Bun Curry Chicken Salad Sandwich <b>Vegetables</b> Mashed Potatoes Black Bean & Corn Salad <b>Fruit</b> Assorted Fruit <b>Grains</b> Honey Wheat Dinner Roll <b>Milk</b> Low Fat (1%) Milk Fat Free (Skim) Milk Vanilla Soy Milk	<b>Lunch Entree</b> <b>22</b> Hot Honey Glazed Chicken Thigh Hot Honey Glazed Veggie Nuggets Turkey & Cheese Sandwich <b>Vegetables</b> Steamed Broccoli Coleslaw <b>Fruit</b> Assorted Fruit <b>Grains</b> Mini Whole Grain Biscuit <b>Milk</b> Low Fat (1%) Milk Fat Free (Skim) Milk Vanilla Soy Milk	<b>Lunch Entree</b> <b>23</b> Turkey Sofrito Soft Tacos Black Bean Soft Tacos Pulled Buffalo Chicken Sandwich <b>Vegetables</b> Scratch Refried Beans Potato Salad <b>Fruit</b> Assorted Fruit <b>Milk</b> Low Fat (1%) Milk Fat Free (Skim) Milk Vanilla Soy Milk <b>Misc.</b> Hot Sauce

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

Gluten Free: 
 GMO Free: 
 Kosher: 
 Organic: 
 Vegan: 
 Vegetarian: 

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