

February

Harmony Public Charter School PreK-8 Lunch Menu

Lunch Entree	2	Lunch Entree	3	Lunch Entree	4	Lunch Entree	5	Lunch Entree	6
Chopped Cheese Steak		Roasted Chicken		Jerk Chicken		Beef Hamburger		Turkey Baked Ziti	
Hoagie		Veggie Nuggets 		Drumstick		Veggie Burger on Whole Grain Bun 		Cheesy Baked Pasta 	
Roasted Chick'n Sandwich 		Chicken Salad Wrap 		Jerk Chick'n  		Chef Salad with Chicken		Creamy Buffalo Chicken Salad Wrap 	
Chicken Salad Wrap 		Vegetables		Chicken Ranch Wrap 		Vegetables		Vegetables	
Vegetables		Mashed Potatoes 		Sauteed Cabbage 		Baked Beans 		Steamed Broccoli 	
California Blend Vegetables, .75O 		Carrot Sticks 		Broccoli  		Fruit		Potato Salad 	
Carrot Sticks		Fruit		Fruit		Assorted Fruit  		Fruit	
Fruit		Assorted Fruit  		Assorted Fruit  		Assorted Fruit  		Assorted Fruit  	
Assorted Fruit  		Grains		Grains		Milk		Milk	
Milk		Mini Whole Grain Biscuit 		Brown Rice 		Low Fat (1%) Milk 		Low Fat (1%) Milk 	
Low Fat (1%) Milk		Milk		Milk		Fat Free (Skim) Milk 		Fat Free (Skim) Milk 	
Fat Free (Skim) Milk 		Low Fat (1%) Milk		Low Fat (1%) Milk 		Pearl Organic Original Soymilk 		Pearl Organic Original Soymilk 	
Pearl Organic Original Soymilk 		Fat Free (Skim) Milk 		Fat Free (Skim) Milk 		Condiments		Condiments	
		Pearl Organic Original Soymilk 		Pearl Organic Original Soymilk 		Ranch Dressing		Pearl Organic Original Soymilk 	
		Misc.							
		Brown Gravy							

Lunch Entree 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 French Toast Sticks & Turkey 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 Asian Chicken & Noodle Stir Fry with Cabbage and Broccoli  Asian Chick'n & Noodle Stir Fry with Cabbage and Broccoli  Greek Chicken Salad & Biscuit  Fruit Assorted Fruit  Milk Low Fat (1%) Milk Fat Free (Skim) Milk  Vanilla Soy Milk 	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  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 MILK, 1% LOW FAT CARTON (DC)  MILK, SKIM CARTON (DC) Pearl Organic Original Soymilk 	Lunch Entree Cheesy Baked Pasta  Creamy Buffalo Chicken Salad Wrap Vegetables Green Beans Black Bean & Corn Salad Fruit Assorted Fruit  Milk MILK, 1% LOW FAT CARTON (DC)  MILK, SKIM CARTON (DC) Pearl Organic Original Soymilk 	Lunch Entree Oven Fried Chicken Honey Glazed Vegetarian Chick'n  Chef Salad with Turkey Ham Vegetables Creamy Red Beans Fruit Assorted Fruit  Grains Cilantro Lime Brown Rice  Milk MILK, 1% LOW FAT CARTON (DC)  MILK, SKIM CARTON (DC) Pearl Organic Original Soymilk 	Lunch Entree Butter Chicken Turkey Ham & Cheese Hoagie  Roast Chick'n  Vegetables Lemon Pepper Broccoli Carrot Sticks Fruit Assorted Fruit  Grains Brown Rice  Milk MILK, 1% LOW FAT CARTON (DC)  MILK, SKIM CARTON (DC) Pearl Organic Original Soymilk 	Lunch Entree Korean Style Meatballs Teriyaki Veggie Meatballs  Chicken Ranch Wrap Vegetables Green Peas Spicy Slaw Fruit Assorted Fruit  Grains Brown Rice  Milk MILK, 1% LOW FAT CARTON (DC)  MILK, SKIM CARTON (DC) Pearl Organic Original Soymilk 

Lunch Entree	23	Lunch Entree	24	Lunch Entree	25	Lunch Entree	26	Lunch Entree	27
Chicken Tenders		Cheeseburger		Piri Piri Chicken		Beef Cheeseburger		BBQ Rub Chicken	
Chick'n Tenders 		Macaroni & Cheese		Piri Piri Chick'n		Veggie Burger on Whole Grain Bun 		Crispy Chicken Salad 	
		Chicken Salad Wrap 		Greek Chicken Wrap		Chipotle Chicken Sandwich		BBQ Rub Chick'n 	
Vegetables		Vegetables		Vegetables		Vegetables		Vegetables	
Honey Glazed Carrots		Mixed Vegetables 		Fresh Roasted Broccoli with Garlic 		Steamed Corn		Baked Beans 	
		Carrot Sticks		Cucumber Slices 		Roasted Chickpeas 		Fruit	
Fruit		Fruit		Fruit		Fruit		Fruit	
Assorted Fruit  		Assorted Fruit  		Assorted Fruit  		Assorted Fruit  		Assorted Fruit  	
Grains		Grains		Grains		Grains		Grains	
Whole Wheat Dinner Roll		Mac & Cheese		Jollof Rice 		Low Fat (1%) Milk		Mini Whole Grain Biscuit 	
Milk		Milk		Milk		Low Fat (1%) Milk		Milk	
Low Fat (1%) Milk		Low Fat (1%) Milk		Low Fat (1%) Milk		Fat Free (Skim) Milk 		Low Fat (1%) Milk	
Fat Free (Skim) Milk		Fat Free (Skim) Milk		Fat Free (Skim) Milk				Fat Free (Skim) Milk	
		Vanilla Soy Milk 		Vanilla Soy Milk 		Vanilla Soy Milk 		Vanilla Soy Milk 	
Vanilla Soy Milk 				Vanilla Soy Milk 		 		Vanilla Soy Milk 	

Gluten Free:  Kosher:  Locally Grown:  Organic:  Peanut Free:  Vegan:  Vegetarian:  Whole Grain-Rich: 

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