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Harmony Public Charter School

PreK-8 Lunch Menu

Lunch Entree 2	Lunch Entree 3	Lunch Entree 4	Lunch Entree 5	Lunch Entree 6
<p>Chopped Cheese Steak Hoagie</p> <p>Roasted Chick'n Sandwich </p> <p>Chicken Salad Wrap </p> <p>Vegetables</p> <p>California Blend Vegetables, .750 </p> <p>Carrot Sticks</p> <p>Fruit</p> <p>Assorted Fruit  </p> <p>Milk</p> <p>Low Fat (1%) Milk</p> <p>Fat Free (Skim) Milk </p> <p>Pearl Organic Original Soymilk </p>	<p>Roasted Chicken</p> <p>Veggie Nuggets </p> <p>Chicken Salad Wrap </p> <p>Vegetables</p> <p>Mashed Potatoes </p> <p>Carrot Sticks</p> <p>Fruit</p> <p>Assorted Fruit  </p> <p>Grains</p> <p>Mini Whole Grain Biscuit </p> <p>Milk</p> <p>Low Fat (1%) Milk</p> <p>Fat Free (Skim) Milk </p> <p>Pearl Organic Original Soymilk </p> <p>Misc.</p> <p>Brown Gravy</p>	<p>Jerk Chicken Drumstick</p> <p>Jerk Chick'n  </p> <p>Chicken Ranch Wrap</p> <p>Vegetables</p> <p>Sauteed Cabbage </p> <p>Broccoli  </p> <p>Fruit</p> <p>Assorted Fruit  </p> <p>Grains</p> <p>Brown Rice </p> <p>Milk</p> <p>Low Fat (1%) Milk</p> <p>Fat Free (Skim) Milk </p> <p>Pearl Organic Original Soymilk </p>	<p>Beef Hamburger</p> <p>Veggie Burger on Whole Grain Bun </p> <p>Chef Salad with Chicken</p> <p>Vegetables</p> <p>Baked Beans </p> <p>Fruit</p> <p>Assorted Fruit  </p> <p>Milk</p> <p>Low Fat (1%) Milk</p> <p>Fat Free (Skim) Milk </p> <p>Pearl Organic Original Soymilk </p> <p>Condiments</p> <p>Ranch Dressing</p>	<p>Turkey Baked Ziti</p> <p>Cheesy Baked Pasta </p> <p>Creamy Buffalo Chicken Salad Wrap</p> <p>Vegetables</p> <p>Steamed Broccoli </p> <p>Potato Salad</p> <p>Fruit</p> <p>Assorted Fruit  </p> <p>Milk</p> <p>Low Fat (1%) Milk</p> <p>Fat Free (Skim) Milk </p> <p>Pearl Organic Original Soymilk </p>

Lunch Entree 9 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 10 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 11 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 12 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 13 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 16 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 17 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 18 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 19 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 20 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 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  	Lunch Entree 24 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  	Lunch Entree 25 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  	Lunch Entree 26 Beef Cheeseburger Veggie Burger on Whole Grain Bun  Chipotle Chicken Sandwich Vegetables Steamed Corn Roasted Chickpeas   Fruit Assorted Fruit   Milk Low Fat (1%) Milk Fat Free (Skim) Milk  Vanilla Soy Milk  	Lunch Entree 27 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  
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Gluten Free:  Kosher:  Locally Grown:  Organic:  Peanut Free:  Vegan:  Vegetarian:  Whole Grain-Rich: 

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