

GENUINE

REAL FOOD REAL IMPACT

April

Harmony Public Charter School

PreK-8 Lunch Menu

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| | | <p>Lunch Entree Oven Fried Chicken Chef Salad with Turkey Ham Honey Glazed Vegetarian Chick'n  Vegetables Creamy Red Beans Celery Stick Fruit Assorted Fruit   Grains Cilantro Lime Brown Rice  Milk Vanilla Soymilk    MILK, 1% LOW FAT CARTON (DC)  MILK, SKIM CARTON (DC)</p> | <p>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) Vanilla Soymilk    </p> | <p>Lunch Entree Korean Style Meatballs Chicken Ranch Wrap Teriyaki Veggie Meatballs   Vegetables Sautéed Cabbage   Spicy Slaw Fruit Assorted Fruit   Grains Brown Rice  Milk MILK, 1% LOW FAT CARTON (DC)  MILK, SKIM CARTON (DC) Vanilla Soymilk    </p> |

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| <p>Lunch Entree 6</p> <p>Chicken Tenders Chick'n Tenders  </p> <p>Turkey Ham & Cheese Hoagie </p> <p>Vegetables Honey Glazed Carrots </p> <p>Broccoli </p> <p>Fruit Assorted Fruit </p> <p>Grains Whole Wheat Dinner Roll</p> <p>Milk MILK, 1% LOW FAT CARTON (DC)  MILK, SKIM CARTON (DC) Vanilla Soymilk  </p> | <p>Lunch Entree 7</p> <p>Chicken Fajita Bowl Southwest Chick'n Rice Bowl </p> <p>Chicken Salad Wrap </p> <p>Vegetables Fiesta Corn Carrot Sticks</p> <p>Fruit Assorted Fruit </p> <p>Milk MILK, 1% LOW FAT CARTON (DC)  MILK, SKIM CARTON (DC) Vanilla Soymilk  </p> | <p>Lunch Entree 8</p> <p>Piri Piri Chicken Piri Piri Chick'n Greek Chicken Wrap</p> <p>Vegetables Fresh Roasted Broccoli with Garlic </p> <p>Cucumber Slices </p> <p>Fruit Assorted Fruit </p> <p>Grains Jollof Rice </p> <p>Milk Vanilla Soymilk  </p> <p>MILK, 1% LOW FAT CARTON (DC)  MILK, SKIM CARTON (DC)</p> | <p>Lunch Entree 9</p> <p>Beef Cheeseburger Veggie Burger on Whole Grain Bun </p> <p>Chipotle Chicken Sandwich</p> <p>Vegetables Steamed Corn Roasted Chickpeas </p> <p>Fruit Assorted Fruit </p> <p>Milk Vanilla Soymilk  </p> <p>MILK, 1% LOW FAT CARTON (DC)  MILK, SKIM CARTON (DC)</p> | <p>Lunch Entree 10</p> <p>BBQ Rub Chicken BBQ Rub Chick'n </p> <p>Crispy Chicken Salad </p> <p>Vegetables Baked Beans </p> <p>Fruit Assorted Fruit </p> <p>Grains Mini Whole Grain Biscuit </p> <p>Milk MILK, 1% LOW FAT CARTON (DC)  MILK, SKIM CARTON (DC) Vanilla Soymilk  </p> |
| <p>Lunch Entree 13</p> <p>Meatball Marinara Sub Meatless Meatball Sub Turkey Ham & Cheese Sandwich</p> <p>Vegetables Green Beans Baby Carrots</p> <p>Fruit Assorted Fruit </p> <p>Milk MILK, 1% LOW FAT CARTON (DC)  MILK, SKIM CARTON (DC) Vanilla Soymilk  </p> | <p>Lunch Entree 14</p> <p>Waffles & Eggs </p> <p>Chicken Salad Wrap </p> <p>Vegetables Roasted Sweet Potato Broccoli </p> <p>Fruit Assorted Fruit </p> <p>Milk MILK, 1% LOW FAT CARTON (DC)  MILK, SKIM CARTON (DC) Vanilla Soymilk  </p> <p>Misc. Breakfast Syrup  </p> | <p>Lunch Entree 15</p> <p>Turkey Meatloaf Veggie Burger on Whole Grain Bun </p> <p>Curry Chicken Salad Sandwich </p> <p>Vegetables Mashed Potatoes </p> <p></p> <p>Black Bean & Corn Salad</p> <p>Fruit Assorted Fruit </p> <p>Grains Honey Wheat Dinner Roll</p> <p>Milk MILK, 1% LOW FAT CARTON (DC)  MILK, SKIM CARTON (DC) Vanilla Soymilk  </p> | <p>Lunch Entree 16</p> <p>Hot Honey Glazed Chicken Thigh Hot Honey Glazed Veggie Nuggets </p> <p>Turkey & Cheese Sandwich </p> <p>Vegetables Steamed Broccoli </p> <p></p> <p>Coleslaw </p> <p>Fruit Assorted Fruit </p> <p>Grains Mini Whole Grain Biscuit </p> <p>Milk MILK, 1% LOW FAT CARTON (DC)  MILK, SKIM CARTON (DC) Vanilla Soymilk  </p> | <p>Lunch Entree 17</p> <p>Turkey Sofrito Soft Tacos Black Bean Soft Tacos </p> <p>Pulled Buffalo Chicken Sandwich</p> <p>Vegetables Scratch Refried Beans Potato Salad</p> <p>Fruit Assorted Fruit </p> <p>Milk MILK, 1% LOW FAT CARTON (DC)  MILK, SKIM CARTON (DC) Vanilla Soymilk  </p> <p>Misc. Hot Sauce</p> |

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| <p>Lunch Entree 20</p> <p>WG Cheese Pizza Turkey Ham & Cheese Hoagie </p> <p>Vegetables Seasoned/Roasted Carrots Black Bean & Corn Salad</p> <p>Fruit Assorted Fruit  </p> <p>Milk MILK, 1% LOW FAT CARTON (DC)   MILK, SKIM CARTON (DC) Vanilla Soymilk   </p> | <p>Lunch Entree 21</p> <p>Sloppy Joe BBQ Chick'n Sandwich  BBQ Chicken Sandwich </p> <p>Vegetables Roasted Potato  Broccoli Salad </p> <p>Fruit Assorted Fruit  </p> <p>Milk MILK, 1% LOW FAT CARTON (DC)   MILK, SKIM CARTON (DC) Vanilla Soymilk   </p> <p>Condiments BBQ Sauce</p> | <p>Lunch Entree 22</p> <p>Pasta with Meat Sauce Cheesy Pasta Bake  Cheesy Pasta Salad  Vegetables Steamed Broccoli  Carrot Sticks </p> <p>Fruit 100% Fruit Juice </p> <p>Milk MILK, 1% LOW FAT CARTON (DC)   MILK, SKIM CARTON (DC) Vanilla Soymilk   </p> | <p>Lunch Entree 23</p> <p>Sweet & Sour Chicken Sweet & Sour Chick'n  Sunbutter & Jelly Sandwich Meal with String Cheese </p> <p>Vegetables Green Beans Celery Stick</p> <p>Fruit Assorted Fruit  </p> <p>Grains Brown Rice </p> <p>Milk MILK, 1% LOW FAT CARTON (DC)   MILK, SKIM CARTON (DC) Vanilla Soymilk   </p> | <p>Lunch Entree 24</p> <p>Chicken Nuggets Veggie Nuggets & Roll   Turkey & Cheese Wrap Vegetables Savory Baked Beans  Potato Salad Fruit Assorted Fruit  </p> <p>Grains Whole Wheat Dinner Roll Milk MILK, 1% LOW FAT CARTON (DC)   MILK, SKIM CARTON (DC) Vanilla Soymilk   </p> <p>Condiments Ketchup</p> |
| <p>Lunch Entree 27</p> <p>Chopped Cheese Steak Hoagie Roasted Chick'n Sandwich  Chicken Salad Wrap </p> <p>Vegetables California Blend Vegetables, .750  Carrot Sticks</p> <p>Fruit Assorted Fruit  </p> <p>Milk MILK, 1% LOW FAT CARTON (DC)   MILK, SKIM CARTON (DC) Vanilla Soymilk   </p> | <p>Lunch Entree 28</p> <p>Roasted Chicken Roast Chick'n  BBQ Chicken Wrap Vegetables Mashed Potatoes   Carrot Sticks</p> <p>Fruit Assorted Fruit  </p> <p>Grains Mini Whole Grain Biscuit </p> <p>Milk MILK, 1% LOW FAT CARTON (DC)   MILK, SKIM CARTON (DC) Vanilla Soymilk   </p> <p>Misc. Brown Gravy</p> | <p>Lunch Entree 29</p> <p>Jerk Chicken Drumstick Jerk Chick'n   Chicken Ranch Wrap Vegetables Sautéed Cabbage   Broccoli  </p> <p>Fruit Assorted Fruit  </p> <p>Grains Mac & Cheese</p> <p>Milk Vanilla Soymilk   </p> <p>MILK, 1% LOW FAT CARTON (DC)   MILK, SKIM CARTON (DC)</p> | <p>Lunch Entree 30</p> <p>Beef Hamburger Veggie Burger on Whole Grain Bun  Chef Salad with Chicken Vegetables Baked Beans </p> <p>Fruit Assorted Fruit  </p> <p>Milk MILK, 1% LOW FAT CARTON (DC)   MILK, SKIM CARTON (DC) Vanilla Soymilk   </p> <p>Condiments Ranch Dressing</p> | |

Gluten Free:  GMO Free:  Kosher:  Organic:  Vegan:  Vegetarian:  Whole Grain-Rich: 

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