

GENUINE

REAL FOOD REAL IMPACT

March

Harmony Public Charter School

PreK-8 Lunch Menu

Lunch Entree 2	Lunch Entree 3	Lunch Entree 4	Lunch Entree 5	Lunch Entree 6
<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 Low Fat (1%) Milk Fat Free (Skim) Milk  Vanilla Soymilk </p>	<p>Waffles & Eggs  Chicken Salad Wrap </p> <p>Vegetables Roasted Sweet Potato Broccoli  </p> <p>Fruit Assorted Fruit  </p> <p>Milk Low Fat (1%) Milk Fat Free (Skim) Milk  Vanilla Soymilk </p> <p>Misc. Breakfast Syrup  </p>	<p>Turkey Meatloaf Veggie Burger on Whole Grain Bun  Curry Chicken Salad Sandwich </p> <p>Vegetables Mashed Potatoes </p> <p>Black Bean & Corn Salad</p> <p>Fruit Assorted Fruit  </p> <p>Grains Honey Wheat Dinner Roll</p> <p>Milk Low Fat (1%) Milk Fat Free (Skim) Milk  Vanilla Soymilk </p>	<p>Hot Honey Glazed Chicken Thigh Hot Honey Glazed Veggie Nuggets  Turkey & Cheese Sandwich </p> <p>Vegetables Steamed Broccoli </p> <p>Coleslaw  </p> <p>Fruit Assorted Fruit  </p> <p>Grains Mini Whole Grain Biscuit </p> <p>Milk Low Fat (1%) Milk Fat Free (Skim) Milk  Vanilla Soymilk </p>	<p>Turkey Sofrito Soft Tacos Black Bean Soft Tacos  Pulled Buffalo Chicken Sandwich Vegetables Scratch Refried Beans Potato Salad</p> <p>Fruit Assorted Fruit  </p> <p>Milk Low Fat (1%) Milk Fat Free (Skim) Milk  Vanilla Soymilk </p> <p>Misc. Hot Sauce</p>

<p>Lunch Entree 9</p> <p>Turkey Pepperoni Cheese Pizza 🌾</p> <p>WG Cheese Pizza</p> <p>Turkey Ham & Cheese Hoagie 🌾</p> <p>Greek Chick'n Wrap (Vegan) 🌾</p> <p>Vegetables</p> <p>Seasoned/Roasted Carrots</p> <p>Black Bean & Corn 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>Vanilla Soymilk Ⓡ</p>	<p>Lunch Entree 10</p> <p>Chicken Parmesan & Marinara over Pasta</p> <p>Chick'n Parmesan (Vegetarian) & Marinara over Pasta 🌿🌾</p> <p>BBQ Chicken Sandwich 🌾</p> <p>BBQ Chick'n Sandwich 🌿</p> <p>Vegetables</p> <p>Green Beans</p> <p>Broccoli 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>Vanilla Soymilk Ⓡ</p> <p>Condiments</p> <p>BBQ Sauce</p>	<p>Lunch Entree 11</p> <p>Pasta with Meat Sauce</p> <p>Cheesy Pasta Bake 🌿</p> <p>🌾</p> <p>Cheesy Pasta Salad 🌿</p> <p>Vegetables</p> <p>Steamed Broccoli 🌿</p> <p>Celery Stick</p> <p>Fruit</p> <p>100% Fruit Juice Ⓡ</p> <p>Milk</p> <p>Low Fat (1%) Milk</p> <p>Fat Free (Skim) Milk 🌿</p> <p>Vanilla Soymilk Ⓡ</p>	<p>Lunch Entree 12</p> <p>Sweet & Sour Chicken</p> <p>Sweet & Sour Chick'n 🌿</p> <p>Chicken Salad Wrap 🌾</p> <p>Chick'n Salad Wrap (Vegetarian) 🌾</p> <p>Vegetables</p> <p>Green Peas</p> <p>Carrot Sticks</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>Vanilla Soymilk Ⓡ</p>	<p>Lunch Entree 13</p> <p>Chicken Nuggets (Bakebrush) 2MMA 1WG 🌾</p> <p>Veggie Nuggets Ⓡ 🌿</p> <p>Turkey & Cheese Wrap</p> <p>Sunbutter & Jelly Sandwich Meal with String Cheese 🌿</p> <p>Vegetables</p> <p>Savory Baked Beans 🌿</p> <p>Potato Salad</p> <p>Fruit</p> <p>Assorted Fruit 🌿🌿</p> <p>Grains</p> <p>Whole Grain Dinner Roll 🌾</p> <p>Milk</p> <p>Low Fat (1%) Milk</p> <p>Fat Free (Skim) Milk 🌿</p> <p>Vanilla Soymilk Ⓡ</p> <p>Condiments</p> <p>Ketchup</p>
<p>Lunch Entree 16</p> <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>Vanilla Soymilk Ⓡ</p>	<p>Lunch Entree 17</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>Vanilla Soymilk Ⓡ</p> <p>Misc.</p> <p>Brown Gravy</p>	<p>Lunch Entree 18</p> <p>Jerk Chicken</p> <p>Drumstick</p> <p>Jerk Chick'n Ⓡ 🌿</p> <p>Chicken Ranch Wrap</p> <p>Vegetables</p> <p>Sauteed Cabbage 🌿</p> <p>🌿</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>Vanilla Soymilk Ⓡ</p>	<p>Lunch Entree 19</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>Lunch Entree 20</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>🌿</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>

<p>Lunch Entree 23</p> <p>Turkey Hot Dog on Whole Grain Bun Veggie Burger on Whole Grain Bun </p> <p>Sunbutter & Jelly Sandwich Meal with String Cheese </p> <p>Vegetables Mixed Vegetables, 4 Way Blend Cucumber Slices </p> <p>Fruit Assorted Fruit  </p> <p>Milk Low Fat (1%) Milk Fat Free (Skim) Milk </p> <p>Vanilla Soymilk </p>	<p>Lunch Entree 24</p> <p>French Toast Sticks & Turkey Sausage BBQ Chicken Wrap</p> <p>Vegetables Homefries Potato Salad</p> <p>Fruit Assorted Fruit  </p> <p>Milk Low Fat (1%) Milk Fat Free (Skim) Milk </p> <p>Vanilla Soymilk </p> <p>Misc. Breakfast Syrup </p>	<p>Lunch Entree 25</p> <p>Asian Chicken & Noodle Stir Fry with Cabbage and Broccoli </p> <p>Asian Chick'n & Noodle Stir Fry with Cabbage and Broccoli  </p> <p>Greek Chicken Salad & Biscuit </p> <p>Fruit Assorted Fruit  </p> <p>Milk Low Fat (1%) Milk Fat Free (Skim) Milk </p> <p>Vanilla Soymilk </p>	<p>Lunch Entree 26</p> <p>Turkey Taco Burrito Bowl Southwest Vegetarian Burrito Bowl w/ Black Beans 2MMA 2WG 3/4c B/L </p> <p>Turkey & Cheese Sandwich </p> <p>Vegetables Carrot & Celery Cup with Ranch Dressing </p> <p>Fruit Fresh Orange  </p> <p>Milk Low Fat (1%) Milk Fat Free (Skim) Milk </p> <p>Vanilla Soymilk </p>	<p>Lunch Entree 27</p> <p>Chicken & Turkey Ham Jambalaya Vegan Jambalaya </p> <p>Curry Chicken Salad Sandwich </p> <p>Vegetables Seasoned/Roasted Carrots Roasted Chickpeas </p> <p>Fruit Assorted Fruit  </p> <p>Milk Low Fat (1%) Milk Fat Free (Skim) Milk </p> <p>Vanilla Soymilk </p>
<p>Lunch Entree 30</p> <p>Cheesy Baked Pasta </p> <p>Creamy Buffalo Chicken Salad Wrap</p> <p>Vegetables Green Beans Black Bean & Corn Salad</p> <p>Fruit Assorted Fruit  </p> <p>Milk Low Fat (1%) Milk Fat Free (Skim) Milk </p> <p>Vanilla Soymilk </p>	<p>Lunch Entree 31</p> <p>Cheesy Baked Pasta </p> <p>Creamy Buffalo Chicken Salad Wrap</p> <p>Vegetables Green Beans Black Bean & Corn Salad</p> <p>Fruit Assorted Fruit  </p> <p>Milk Low Fat (1%) Milk Fat Free (Skim) Milk </p> <p>Vanilla Soymilk </p>			

Kosher:  Vegan:  Vegetarian:  Whole Grain-Rich: 

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