



GENUINE

REAL FOOD REAL IMPACT

May

Harmony Public Charter School

PreK-8 Lunch Menu

				<p>Lunch Entree 1</p> <p>Turkey Baked Ziti Cheesy Baked Pasta Creamy Buffalo Chicken Salad Wrap</p> <p>Vegetables Steamed Broccoli Potato 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 4</p> <p>Turkey Hot Dog on Whole Grain Bun Veggie Burger on Whole Grain Bun 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 MILK, 1% LOW FAT CARTON (DC) MILK, SKIM CARTON (DC) Vanilla Soymilk</p>	<p>Lunch Entree 5</p> <p>Turkey Taco Burrito Bowl Southwest Vegetarian Burrito Bowl w/ Black Beans 2MMA 2WG 3/4c B/L Turkey & Cheese Sandwich</p> <p>Vegetables Carrot & Celery Cup with Ranch Dressing</p> <p>Fruit Fresh Orange</p> <p>Milk MILK, 1% LOW FAT CARTON (DC) MILK, SKIM CARTON (DC) Vanilla Soymilk</p>	<p>Lunch Entree 6</p> <p>Asian Chicken & Noodle Stir Fry with Cabbage and Broccoli Asian Chick'n & Noodle Stir Fry with Cabbage and Broccoli Greek Chicken Salad & Biscuit</p> <p>Fruit Assorted Fruit</p> <p>Milk MILK, 1% LOW FAT CARTON (DC) MILK, SKIM CARTON (DC) Vanilla Soymilk</p>	<p>Lunch Entree 7</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 8</p> <p>Chicken & Turkey Ham Jambalaya Vegan Jambalaya Curry Chicken Salad Sandwich</p> <p>Vegetables Seasoned/Roasted Carrots Roasted Chickpeas</p> <p>Fruit Assorted Fruit</p> <p>Milk MILK, 1% LOW FAT CARTON (DC) MILK, SKIM CARTON (DC) Vanilla Soymilk</p>

<p>Lunch Entree 11</p> <p>Chicken & Waffle with Syrup Chick'n & Waffle Turkey & Cheese Croissant</p> <p>Vegetables Roasted Potato Carrot & Celery Cup with Ranch Dressing</p> <p>Fruit Assorted Fruit</p> <p>Milk Low Fat 1% Milk Fat Free Milk</p>	<p>Lunch Entree 12</p> <p>Cheesy Baked Pasta Creamy Buffalo Chicken Salad Wrap</p> <p>Vegetables Green Beans 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 13</p> <p>Oven Fried Chicken Honey Glazed Vegetarian Chick'n Chef Salad with Turkey Ham</p> <p>Vegetables Creamy Red Beans</p> <p>Fruit Assorted Fruit</p> <p>Grains Cilantro Lime Brown Rice</p> <p>Milk MILK, 1% LOW FAT CARTON (DC) MILK, SKIM CARTON (DC) Vanilla Soymilk</p>	<p>Lunch Entree 14</p> <p>Butter Chicken Turkey Ham & Cheese Hoagie Roast Chick'n</p> <p>Vegetables Lemon Pepper Broccoli Carrot Sticks</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 15</p> <p>Korean Style Meatballs Teriyaki Veggie Meatballs Chicken Ranch Wrap</p> <p>Vegetables Green Peas Spicy Slaw</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 18</p> <p>Chicken Nuggets (Bakebrush) 2MMA 1WG Veggie Nuggets Turkey & Cheese Wrap</p> <p>Vegetables Honey Glazed Carrots Broccoli</p> <p>Fruit Assorted Fruit</p> <p>Grains Dinner Roll</p> <p>Milk MILK, 1% LOW FAT CARTON (DC) MILK, SKIM CARTON (DC) Vanilla Soymilk</p> <p>Condiments Ketchup</p>	<p>Lunch Entree 19</p> <p>Cheeseburger Macaroni & Cheese Chicken Salad Wrap</p> <p>Vegetables Mixed Vegetables Carrot Sticks</p> <p>Fruit Assorted Fruit</p> <p>Grains Mac & Cheese</p> <p>Milk MILK, 1% LOW FAT CARTON (DC) MILK, SKIM CARTON (DC) Vanilla Soymilk</p>	<p>Lunch Entree 20</p> <p>Piri Piri Chicken Piri Piri Chick'n Greek Chicken Wrap</p> <p>Vegetables Fresh Roasted Broccoli with Garlic Cucumber Slices</p> <p>Fruit Assorted Fruit</p> <p>Grains Jollof Rice</p> <p>Milk Vanilla Soymilk MILK, 1% LOW FAT CARTON (DC) MILK, SKIM CARTON (DC)</p>	<p>Lunch Entree 21</p> <p>Beef Cheeseburger Veggie Burger on Whole Grain Bun Chipotle Chicken Sandwich</p> <p>Vegetables Steamed Corn Roasted Chickpeas</p> <p>Fruit Assorted Fruit</p> <p>Milk Vanilla Soymilk MILK, 1% LOW FAT CARTON (DC) MILK, SKIM CARTON (DC)</p>	<p>Lunch Entree 22</p> <p>BBQ Rub Chicken BBQ Rub Chick'n 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 25</p> <p>French Toast Sticks & Turkey Sausage BBQ Chicken Wrap</p> <p>Vegetables Homefries 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. Breakfast Syrup</p>	<p>Lunch Entree 26</p> <p>Hawaiian Chicken Wrap Chick'n Sandwich Southwest Chicken 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 27</p> <p>Turkey Meatloaf Veggie Burger on Whole Grain Bun Curry Chicken Salad Sandwich</p> <p>Vegetables Mashed Potatoes 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 28</p> <p>Hot Honey Glazed Chicken Thigh Hot Honey Glazed Veggie Nuggets Turkey & Cheese Sandwich</p> <p>Vegetables Steamed Broccoli 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 29</p> <p>Turkey Sofrito Soft Tacos Black Bean Soft Tacos 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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This institution is an equal opportunity provider. Menu subject to change.