

GENUINE

REAL FOOD REAL IMPACT

October

Harmony Public Charter School

26-27 PreK - 8 Lunch DC

Lunch Entree

Hot Honey Glazed
Chicken Thigh

Hot Honey Glazed
Veggie Nuggets 

Turkey & Cheese
Sandwich 

Vegetables

Fiesta Corn

Coleslaw  

Fruit

Fresh Orange  

Fresh Apple

Banana

Fresh Pear

Unsweetened
Applesauce

Grains

Mini Whole Grain
Biscuit 

Milk

MILK, 1% LOW FAT
CARTON (DC) 

MILK, SKIM CARTON
(DC)

Vanilla Soymilk  

1

Lunch Entree

Turkey Sofrito Soft
Tacos

Black Bean Soft Tacos


Pulled Buffalo Chicken
Sandwich

Vegetables

Scratch Refried Beans

Cucumber Slices 



Fruit

Fresh Orange  

Fresh Apple

Banana

Fresh Pear

Unsweetened
Applesauce

Milk

MILK, 1% LOW FAT
CARTON (DC) 

MILK, SKIM CARTON
(DC)

Vanilla Soymilk  

Misc.

Hot Sauce

2

Lunch Entree 5 WG Cheese Pizza Turkey Ham & Cheese Hoagie  Vegetables Seasoned/Roasted Carrots Black Bean & Corn Salad Fruit Assorted Fruit   Fresh Apple Banana Fresh Pear Unsweetened Applesauce Milk MILK, 1% LOW FAT CARTON (DC)  MILK, SKIM CARTON (DC) Vanilla Soymilk  	Lunch Entree 6 Sloppy Joe BBQ Chick'n Sandwich  BBQ Chicken Sandwich  Vegetables Roasted Potato   Broccoli Salad Fruit Assorted Fruit   Fresh Apple Banana Fresh Pear Unsweetened Applesauce Milk MILK, 1% LOW FAT CARTON (DC)  MILK, SKIM CARTON (DC) Vanilla Soymilk   Condiments BBQ Sauce	Lunch Entree 7 Turkey Meatloaf Veggie Burger on Whole Grain Bun  Curry Chicken Salad Sandwich  Vegetables Mashed Potatoes   Black Bean & Corn Salad Fruit Fresh Orange   Fresh Apple Banana Fresh Pear Unsweetened Applesauce Grains Honey Wheat Dinner Roll Milk MILK, 1% LOW FAT CARTON (DC)  MILK, SKIM CARTON (DC) Vanilla Soymilk  	Lunch Entree 8 Sweet & Sour Chicken Sweet & Sour Chick'n  Sunbutter & Jelly Sandwich Meal with String Cheese  Vegetables Green Beans Celery Stick Fruit Assorted Fruit   Fresh Apple Banana Fresh Pear Unsweetened Applesauce Grains Brown Rice  Milk MILK, 1% LOW FAT CARTON (DC)  MILK, SKIM CARTON (DC) Vanilla Soymilk  	Lunch Entree 9 Chicken Nuggets Veggie Nuggets & Roll   Turkey & Cheese Wrap Vegetables Savory Baked Beans  Potato Salad Fruit Assorted Fruit   Fresh Apple Banana Fresh Pear Unsweetened Applesauce Grains Whole Wheat Dinner Roll Milk MILK, 1% LOW FAT CARTON (DC)  MILK, SKIM CARTON (DC) Vanilla Soymilk   Condiments Ketchup
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Lunch Entree 12 Turkey Hot Dog on Whole Grain Bun Beef Hamburger Veggie Burger on Whole Grain Bun  Sunbutter & Jelly Sandwich Meal with String Cheese  Vegetables Mixed Vegetables, 4 Way Blend Cucumber Slices  Roasted Potato  Fruit Fresh Orange   Fresh Apple Banana Fresh Pear Unsweetened Applesauce Milk MILK, 1% LOW FAT CARTON (DC)  MILK, SKIM CARTON (DC) Vanilla Soymilk  	Lunch Entree 13 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   Fresh Apple Banana Fresh Pear Unsweetened Applesauce Milk MILK, 1% LOW FAT CARTON (DC)  MILK, SKIM CARTON (DC) Vanilla Soymilk  	Lunch Entree 14 Asian Chicken & Noodle Stir Fry with Cabbage and Broccoli  Asian Chick'n & Noodle Stir Fry with Cabbage and Broccoli   Greek Chicken Salad & Biscuit  Fruit Fresh Orange   Fresh Apple Banana Fresh Pear Unsweetened Applesauce Milk MILK, 1% LOW FAT CARTON (DC)  MILK, SKIM CARTON (DC) Vanilla Soymilk  	Lunch Entree 15 Chicken & Waffle with Syrup Chick'n & Waffle  Turkey & Cheese Croissant Vegetables Roasted Potato  Carrot & Celery Cup with Ranch Dressing  Fruit Assorted Fruit   Fresh Apple Banana Fresh Pear Unsweetened Applesauce Milk Low Fat 1% Milk Fat Free Milk	Lunch Entree 16 Chicken & Turkey Ham Jambalaya Vegan Jambalaya  Curry Chicken Salad Sandwich  Vegetables Seasoned/Roasted Carrots Roasted Chickpeas  Fruit Fresh Orange   Fresh Apple Banana Fresh Pear Unsweetened Applesauce Milk MILK, 1% LOW FAT CARTON (DC)  MILK, SKIM CARTON (DC) Vanilla Soymilk  
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Lunch Entree 19 Chopped Cheese Steak Hoagie Roasted Chick'n Sandwich Chicken Salad Wrap Vegetables California Blend Vegetables, .75O Carrot Sticks Fruit Fresh Orange Fresh Apple Banana Fresh Pear Unsweetened Applesauce Milk MILK, 1% LOW FAT CARTON (DC) MILK, SKIM CARTON (DC) Vanilla Soymilk	Lunch Entree 20 Roasted Chicken Roast Chick'n BBQ Chicken Wrap Vegetables Mashed Potatoes Carrot Sticks Fruit Assorted Fruit Fresh Apple Banana Fresh Pear Unsweetened Applesauce Grains Mini Whole Grain Biscuit Milk MILK, 1% LOW FAT CARTON (DC) MILK, SKIM CARTON (DC) Vanilla Soymilk Misc. Brown Gravy	Lunch Entree 21 Jerk Chicken Drumstick Jerk Chick'n Chicken Ranch Wrap Vegetables Sauteed Cabbage Broccoli Fruit Fresh Orange Fresh Apple Banana Fresh Pear Unsweetened Applesauce Grains Mac & Cheese Milk MILK, 1% LOW FAT CARTON (DC) MILK, SKIM CARTON (DC) Vanilla Soymilk	Lunch Entree 22 Beef Hamburger Veggie Burger on Whole Grain Bun Chef Salad with Chicken Vegetables Baked Beans Fruit Fresh Orange Fresh Apple Banana Fresh Pear Unsweetened Applesauce Milk MILK, 1% LOW FAT CARTON (DC) MILK, SKIM CARTON (DC) Vanilla Soymilk Condiments Ranch Dressing	Lunch Entree 23 Turkey Baked Ziti Cheesy Baked Pasta Creamy Buffalo Chicken Salad Wrap Vegetables Steamed Broccoli Potato Salad Fruit Fresh Orange Fresh Apple Banana Fresh Pear Unsweetened Applesauce Milk MILK, 1% LOW FAT CARTON (DC) MILK, SKIM CARTON (DC) Vanilla Soymilk
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Lunch Entree 26 Turkey Pepperoni Cheese Pizza  Cheese Pizza Sliced Turkey & Cheese on a Bagel Vegetables Seasoned/Roasted Carrots Broccoli Salad Fruit Fresh Orange   Fresh Apple Banana Fresh Pear Unsweetened Applesauce Milk MILK, 1% LOW FAT CARTON (DC)  MILK, SKIM CARTON (DC) Vanilla Soymilk  	Lunch Entree 27 Cheesy Baked Pasta  Creamy Buffalo Chicken Salad Wrap Vegetables Green Beans Black Bean & Corn Salad Fruit Fresh Orange   Fresh Apple Banana Fresh Pear Unsweetened Applesauce Milk MILK, 1% LOW FAT CARTON (DC)  MILK, SKIM CARTON (DC) Vanilla Soymilk  	Lunch Entree 28 Oven Fried Chicken Chef Salad with Turkey Ham Honey Glazed Vegetarian Chick'n  Vegetables Creamy Red Beans Celery Stick Fruit Fresh Orange   Fresh Apple Banana Fresh Pear Unsweetened Applesauce Grains Cilantro Lime Brown Rice  Milk Vanilla Soymilk   MILK, 1% LOW FAT CARTON (DC)  MILK, SKIM CARTON (DC)	Lunch Entree 29 Butter Chicken Turkey Ham & Cheese Hoagie  Roast Chick'n  Vegetables Lemon Pepper Broccoli Carrot Sticks Fruit Fresh Orange   Fresh Apple Banana Fresh Pear Unsweetened Applesauce Grains Brown Rice  Milk MILK, 1% LOW FAT CARTON (DC)  MILK, SKIM CARTON (DC) Vanilla Soymilk  	Lunch Entree 30 Korean Style Meatballs Chicken Ranch Wrap Teriyaki Veggie Meatballs   Vegetables Green Peas Spicy Slaw Fruit Fresh Orange   Fresh Apple Banana Fresh Pear Unsweetened Applesauce Grains Brown Rice  Milk MILK, 1% LOW FAT CARTON (DC)  MILK, SKIM CARTON (DC) Vanilla Soymilk  
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Gluten Free: 
Kosher: 
Locally Grown: 
Vegan: 
Vegetarian: 
Whole Grain-Rich: 

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