

GENUINE

REAL FOOD REAL IMPACT

September

Harmony Public Charter School

26-27 PreK - 8 Lunch DC

	1	2	3	4
	Lunch Entree 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 MILK, 1% LOW FAT CARTON (DC)  MILK, SKIM CARTON (DC) Vanilla Soymilk  	Lunch Entree Asian Chicken & Noodle Stir Fry with Cabbage and Broccoli  Asian Chick'n & Noodle Stir Fry with Cabbage and Broccoli   Creamy Buffalo Chicken Salad Wrap Vegetables Celery Stick Fruit Assorted Fruit   Milk MILK, 1% LOW FAT CARTON (DC)  MILK, SKIM CARTON (DC) Vanilla Soymilk  	Lunch Entree Chicken & Waffle with Syrup Chick'n & Waffle  Turkey & Cheese Croissant Vegetables Roasted Potato  Carrot & Celery Cup with Ranch Dressing  Fruit Assorted Fruit   Milk Low Fat 1% Milk Fat Free Milk	Lunch Entree Chicken & Turkey Ham Jambalaya Vegan Jambalaya  Curry Chicken Salad Sandwich  Vegetables Seasoned/Roasted Carrots Roasted Chickpeas  Fruit Assorted Fruit   Milk MILK, 1% LOW FAT CARTON (DC)  MILK, SKIM CARTON (DC) Vanilla Soymilk  

Labor Day	7	Lunch Entree Roasted Chicken Roast Chick'n BBQ Chicken Wrap Vegetables Mashed Potatoes Carrot Sticks Fruit Assorted Fruit Grains Mini Whole Grain Biscuit Milk MILK, 1% LOW FAT CARTON (DC) MILK, SKIM CARTON (DC) Vanilla Soymilk Misc. Brown Gravy	8	Lunch Entree Jerk Chicken Drumstick Jerk Chick'n Chicken Ranch Wrap Vegetables Sauteed Cabbage Broccoli Fruit Assorted Fruit Grains Macaroni & Cheese Milk MILK, 1% LOW FAT CARTON (DC) MILK, SKIM CARTON (DC) Vanilla Soymilk	9	Lunch Entree Beef Hamburger Veggie Burger on Whole Grain Bun Turkey Ham & Cheese Hoagie Vegetables Baked Beans Carrot Sticks Fruit Assorted Fruit Milk MILK, 1% LOW FAT CARTON (DC) MILK, SKIM CARTON (DC) Vanilla Soymilk Condiments Ranch Dressing	10	Lunch Entree Turkey Baked Ziti Cheesy Baked Pasta Creamy Buffalo Chicken Salad Wrap Vegetables Steamed Broccoli Broccoli Fruit Assorted Fruit Milk MILK, 1% LOW FAT CARTON (DC) MILK, SKIM CARTON (DC) Vanilla Soymilk	11	
	14	Lunch Entree Turkey Pepperoni Cheese Pizza 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) Vanilla Soymilk	15	Lunch Entree 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) Vanilla Soymilk	16	Lunch Entree Oven Fried Chicken Chef Salad with Turkey Ham Honey Glazed Vegetarian Chick'n Curry Chicken Salad Sandwich 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)	17	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	18	Lunch Entree Korean Style Meatballs Chicken Ranch Wrap Teriyaki Veggie Meatballs Vegetables Green Peas Spicy Slaw Fruit Assorted Fruit Grains Brown Rice Milk MILK, 1% LOW FAT CARTON (DC) MILK, SKIM CARTON (DC) Vanilla Soymilk

Lunch Entree 21 Chicken Tenders Chick'n Tenders Turkey Ham & Cheese Hoagie Vegetables Honey Glazed Carrots Broccoli Fruit Fresh Orange 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	Lunch Entree 22 Chicken Fajita Bowl Southwest Chick'n Rice Bowl Chicken Salad Wrap Vegetables Fiesta Corn 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 23 Piri Piri Chicken Piri Piri Chick'n Greek Chicken Wrap Vegetables Fresh Roasted Broccoli with Garlic Cucumber Slices Fruit Fresh Orange Fresh Apple Banana Fresh Pear Unsweetened Applesauce Grains Jollof Rice Milk Vanilla Soymilk MILK, 1% LOW FAT CARTON (DC) MILK, SKIM CARTON (DC)	Lunch Entree 24 Beef Cheeseburger Veggie Burger on Whole Grain Bun Chipotle Chicken Sandwich Vegetables Garlic Roasted Green Beans Roasted Chickpeas Fruit Fresh Orange Fresh Apple Banana Fresh Pear Unsweetened Applesauce Milk Vanilla Soymilk MILK, 1% LOW FAT CARTON (DC) MILK, SKIM CARTON (DC)	Lunch Entree 25 BBQ Rub Chicken BBQ Rub Chick'n Crispy Chicken Salad Vegetables Baked Beans 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
Lunch Entree 28 Meatball Marinara Sub Meatless Meatball Sub Turkey Ham & Cheese Sandwich Vegetables Green Beans Baby Carrots 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 29 Waffles & Eggs Chicken Salad Wrap Vegetables Homefries Broccoli Fruit Fresh Orange Fresh Apple Banana Fresh Pear Unsweetened Applesauce Milk MILK, 1% LOW FAT CARTON (DC) MILK, SKIM CARTON (DC) Vanilla Soymilk Misc. Breakfast Syrup	Lunch Entree 30 Pasta with Meat Sauce Cheesy Pasta Bake Cheesy Pasta Salad Vegetables Steamed Broccoli Carrot Sticks Fruit 100% Fruit Juice Fresh Apple Banana Fresh Pear Unsweetened Applesauce Milk MILK, 1% LOW FAT CARTON (DC) MILK, SKIM CARTON (DC) Vanilla Soymilk		

Gluten Free:  Kosher:  Locally Grown:  Vegan:  Vegetarian:  Whole Grain-Rich: 

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