

GENUINE

REAL FOOD REAL IMPACT

November

Harmony Public Charter School

26-27 PreK - 8 Lunch DC

Lunch Entree 2	Lunch Entree 3	Lunch Entree 4	Lunch Entree 5	Lunch Entree 6
<p>Chicken Tenders Chick'n Tenders </p> <p> Turkey Ham & Cheese Hoagie </p> <p>Vegetables Honey Glazed Carrots </p> <p> Broccoli </p> <p>Fruit Fresh Orange  </p> <p>Fresh Apple Banana Fresh Pear Unsweetened Applesauce</p> <p>Grains Whole Wheat Dinner Roll</p> <p>Milk MILK, 1% LOW FAT CARTON (DC) </p> <p>MILK, SKIM CARTON (DC)</p> <p>Vanilla Soymilk  </p> <p></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 Fresh Orange  </p> <p>Fresh Apple Banana Fresh Pear Unsweetened Applesauce</p> <p>Milk MILK, 1% LOW FAT CARTON (DC) </p> <p>MILK, SKIM CARTON (DC)</p> <p>Vanilla Soymilk  </p> <p></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 Fresh Orange  </p> <p>Fresh Apple Banana Fresh Pear Unsweetened Applesauce</p> <p>Grains Jollof Rice </p> <p>Milk Vanilla Soymilk  </p> <p></p> <p>MILK, 1% LOW FAT CARTON (DC) </p> <p>MILK, SKIM CARTON (DC)</p>	<p>Beef Cheeseburger Veggie Burger on Whole Grain Bun </p> <p>Chipotle Chicken Sandwich</p> <p>Vegetables Steamed Corn Roasted Chickpeas </p> <p></p> <p>Fruit Fresh Orange  </p> <p>Fresh Apple Banana Fresh Pear Unsweetened Applesauce</p> <p>Milk Vanilla Soymilk  </p> <p></p> <p>MILK, 1% LOW FAT CARTON (DC) </p> <p>MILK, SKIM CARTON (DC)</p>	<p>BBQ Rub Chicken BBQ Rub Chick'n </p> <p>Crispy Chicken Salad </p> <p>Vegetables Baked Beans </p> <p>Fruit Fresh Orange  </p> <p>Fresh Apple Banana Fresh Pear Unsweetened Applesauce</p> <p>Grains Mini Whole Grain Biscuit </p> <p>Milk MILK, 1% LOW FAT CARTON (DC) </p> <p>MILK, SKIM CARTON (DC)</p> <p>Vanilla Soymilk  </p> <p></p>

<div>Lunch Entree 9</div> <div>Meatball Marinara Sub</div> <div>Meatless Meatball Sub</div> <div>Turkey Ham & Cheese Sandwich</div> <div>Vegetables</div> <div>Green Beans</div> <div>Baby Carrots</div> <div>Fruit</div> <div>Fresh Orange  </div> <div>Fresh Apple</div> <div>Banana</div> <div>Fresh Pear</div> <div>Unsweetened Applesauce</div> <div>Milk</div> <div>MILK, 1% LOW FAT CARTON (DC) </div> <div>MILK, SKIM CARTON (DC)</div> <div>Vanilla Soymilk  </div> <div></div>	<div>Lunch Entree 10</div> <div>Waffles & Eggs </div> <div>Chicken Salad Wrap </div> <div>Vegetables</div> <div>Roasted Sweet Potato</div> <div>Broccoli  </div> <div>Fruit</div> <div>Fresh Orange  </div> <div>Fresh Apple</div> <div>Banana</div> <div>Fresh Pear</div> <div>Unsweetened Applesauce</div> <div>Milk</div> <div>MILK, 1% LOW FAT CARTON (DC) </div> <div>MILK, SKIM CARTON (DC)</div> <div>Vanilla Soymilk  </div> <div></div> <div>Misc.</div> <div>Breakfast Syrup </div> <div></div>	<div>Lunch Entree 11</div> <div>Turkey Meatloaf</div> <div>Veggie Burger on Whole Grain Bun </div> <div>Curry Chicken Salad Sandwich </div> <div>Vegetables</div> <div>Mashed Potatoes </div> <div></div> <div>Black Bean & Corn Salad</div> <div>Fruit</div> <div>Fresh Orange  </div> <div>Fresh Apple</div> <div>Banana</div> <div>Fresh Pear</div> <div>Unsweetened Applesauce</div> <div>Grains</div> <div>Honey Wheat Dinner Roll</div> <div>Milk</div> <div>MILK, 1% LOW FAT CARTON (DC) </div> <div>MILK, SKIM CARTON (DC)</div> <div>Vanilla Soymilk  </div> <div></div>	<div>Lunch Entree 12</div> <div>Hot Honey Glazed Chicken Thigh</div> <div>Hot Honey Glazed Veggie Nuggets </div> <div>Turkey & Cheese Sandwich </div> <div>Vegetables</div> <div>Steamed Broccoli </div> <div></div> <div>Coleslaw  </div> <div>Fruit</div> <div>Fresh Orange  </div> <div>Fresh Apple</div> <div>Banana</div> <div>Fresh Pear</div> <div>Unsweetened Applesauce</div> <div>Grains</div> <div>Mini Whole Grain Biscuit </div> <div>Milk</div> <div>MILK, 1% LOW FAT CARTON (DC) </div> <div>MILK, SKIM CARTON (DC)</div> <div>Vanilla Soymilk  </div> <div></div>	<div>Lunch Entree 13</div> <div>Turkey Sofrito Soft Tacos</div> <div>Black Bean Soft Tacos </div> <div>Pulled Buffalo Chicken Sandwich</div> <div>Vegetables</div> <div>Scratch Refried Beans</div> <div>Potato Salad</div> <div>Fruit</div> <div>Fresh Orange  </div> <div>Fresh Apple</div> <div>Banana</div> <div>Fresh Pear</div> <div>Unsweetened Applesauce</div> <div>Milk</div> <div>MILK, 1% LOW FAT CARTON (DC) </div> <div>MILK, SKIM CARTON (DC)</div> <div>Vanilla Soymilk  </div> <div></div> <div>Misc.</div> <div>Hot Sauce</div>
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Lunch Entree 16 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 17 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 18 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   	Lunch Entree 19 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 20 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 23 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 24 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 25 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 26 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 27 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

30

- Chopped Cheese Steak Hoagie
- Roasted Chick'n Sandwich 
- Chicken Salad Wrap 

Vegetables

- California Blend Vegetables, .750 
- 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  

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

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