

September

HARMONY BREAKFAST K-12

Monday	Tuesday	Wednesday	Thursday	Friday
				<ul style="list-style-type: none"> turkey, egg and cheese brekwich blueberry muffin cinnamon chex/zac attack strawberry (DF) <p style="text-align: right;">1</p>
<ul style="list-style-type: none"> labor day <p style="text-align: right;">4</p>	<ul style="list-style-type: none"> zee zees berry apple crisp bar(DF) assorted cereal (DF) <p style="text-align: right;">5</p>	<ul style="list-style-type: none"> classic chicken sausage and cheddar bagel sandwich lemon muffin assorted cereal (DF) <p style="text-align: right;">6</p>	<ul style="list-style-type: none"> cinnamon toast bagel breakfast cinnamon crumble assorted cereal (DF) <p style="text-align: right;">7</p>	<ul style="list-style-type: none"> turkey, pepper jack cheese, and omelet gordita blueberry burst whole grain bagel cinnamon chex/zac attack strawberry (DF) <p style="text-align: right;">8</p>
<ul style="list-style-type: none"> dipperdoodle bar (DF) multigrain cheerios/zac attack strawberry (DF) <p style="text-align: right;">11</p>	<ul style="list-style-type: none"> omelet w/ cheese breakfast cinnamon crumble assorted cereal (DF) <p style="text-align: right;">12</p>	<ul style="list-style-type: none"> pancakes w/ syrup french toast muffin assorted cereal (DF) <p style="text-align: right;">13</p>	<ul style="list-style-type: none"> mini cheese omelet with french toast stick plain whole wheat bagel assorted cereal (DF) <p style="text-align: right;">14</p>	<ul style="list-style-type: none"> cinnamon toast bagel blueberry muffin cinnamon chex/zac attack (DF) <p style="text-align: right;">15</p>
<ul style="list-style-type: none"> zee zees berry apple crisp bar (DF) cheerios/mini dipperdoodle bar (DF) <p style="text-align: right;">18</p>	<ul style="list-style-type: none"> french toast sticks yogurt/granola assorted cereal (DF) <p style="text-align: right;">19</p>	<ul style="list-style-type: none"> classic chicken sausage and cheddar bagel sandwich lemon muffin assorted cereal (DF) <p style="text-align: right;">20</p>	<ul style="list-style-type: none"> cinnamon toast bagel breakfast cinnamon crumble assorted cereal (DF) <p style="text-align: right;">21</p>	<ul style="list-style-type: none"> turkey, pepper jack cheese, and omelet gordita blueberry burst whole grain bagel cinnamon chex/zac attack strawberry (DF) <p style="text-align: right;">22</p>
<ul style="list-style-type: none"> dipperdoodle bar (DF) multigrain cheerios/zac attack strawberry (DF) <p style="text-align: right;">25</p>	<ul style="list-style-type: none"> omelet w/ cheese breakfast cinnamon crumble assorted cereal (DF) <p style="text-align: right;">26</p>	<ul style="list-style-type: none"> pancakes w/ syrup french toast muffin assorted cereal (DF) <p style="text-align: right;">27</p>	<ul style="list-style-type: none"> breakfast panada pie with eggs, cheese, and green chillies plain whole wheat bagel assorted cereal (DF) <p style="text-align: right;">28</p>	<ul style="list-style-type: none"> turkey, egg and cheese brekwich blueberry muffin cinnamon chex/zac attack strawberry (DF) <p style="text-align: right;">29</p>

What's New?

Welcome back to school!

We have some of your favorites new on our menu (Cheerios and Chex!).

Look for them on the menu every Friday!

Lunch: choice of 1% or fat-free milk; fresh fruit available daily.

Dairy-free (DF) and vegetarian (V) options available daily – if not listed on the menu, available upon request.

o Vegetable of the day



September

HARMONY LUNCH K-12

Monday	Tuesday	Wednesday	Thursday	Friday
				<ul style="list-style-type: none"> • breakfast for lunch: pancakes w/ sausage • lone star bbq chicken sandwich • southwest veggie wrap (VG) <ul style="list-style-type: none"> ○ pinto beans ○ baby carrots w/ ranch <p style="text-align: right;">1</p>
<ul style="list-style-type: none"> • labor day <p style="text-align: right;">4</p>	<ul style="list-style-type: none"> • hot dog (DF) • mama's tamale (VG) • chicken salad sandwich (DF) <ul style="list-style-type: none"> ○ chilled green beans <p style="text-align: right;">5</p>	<ul style="list-style-type: none"> • Papa John's Pizza <p style="text-align: right;">6</p>	<ul style="list-style-type: none"> • fiesta scoops with three layer dip (VG) • italian calzoni (VG) • honey mustard chicken wrap <ul style="list-style-type: none"> ○ broccoli <p style="text-align: right;">7</p>	<ul style="list-style-type: none"> • baked mac & cheese with chicken sausage combo • chicken taco trio • taco dippers kit (VG) <ul style="list-style-type: none"> ○ steamed corn <p style="text-align: right;">8</p>
<ul style="list-style-type: none"> • cheese pizza panada pie (VG) • spicy chicken chorizo and cheese eggel sandwich • garden ranch salad with chicken breast ○ steamed carrots <p style="text-align: right;">11</p>	<ul style="list-style-type: none"> • buffalo chicken pizza • cheesy ravioli (VG) • turkey and cheddar sandwich <ul style="list-style-type: none"> ○ chilled green beans <p style="text-align: right;">12</p>	<ul style="list-style-type: none"> • Papa John's Pizza <p style="text-align: right;">13</p>	<ul style="list-style-type: none"> • firecracker chicken with sesame noodles • uncle ted's bbq chicken drumstick w/ cheesy rice • cheddar cheese sandwich (VG) <ul style="list-style-type: none"> ○ broccoli <p style="text-align: right;">14</p>	<ul style="list-style-type: none"> • breakfast for lunch: pancakes w/ sausage • five cheese lasagna (VG) • southwest veggie wrap (VG) <ul style="list-style-type: none"> ○ pinto beans ○ baby carrots w/ ranch <p style="text-align: right;">15</p>
<ul style="list-style-type: none"> • chicken bites (DF) • creamy pasta alfredo (VG) • mighty meaty deli combo sandwich ○ glazed carrots <p style="text-align: right;">18</p>	<ul style="list-style-type: none"> • mama's tamale (VG) • jerk drumstick w/ pineapple carrot rice (DF) • chicken salad sandwich (DF) <ul style="list-style-type: none"> ○ chilled green beans <p style="text-align: right;">19</p>	<ul style="list-style-type: none"> • Papa John's Pizza <p style="text-align: right;">20</p>	<ul style="list-style-type: none"> • fiesta scoops with three layer dip (VG) • breakfast for lunch: pancakes w/ omelet (VG) • honey mustard chicken wrap <ul style="list-style-type: none"> ○ broccoli <p style="text-align: right;">21</p>	<ul style="list-style-type: none"> • crispy chicken sandwich (DF) • chicken taco trio • taco dippers kit (VG) <ul style="list-style-type: none"> ○ black beans ○ baby carrots w/ ranch <p style="text-align: right;">22</p>
<ul style="list-style-type: none"> • cheese pizza panada pie (VG) • baked mac & cheese and chicken bites • garden ranch salad w/ chicken breast ○ steamed carrots <p style="text-align: right;">25</p>	<ul style="list-style-type: none"> • cheesy ravioli (VG) • kickin chicken melt sandwich • turkey and cheddar sandwich <ul style="list-style-type: none"> ○ chilled green beans <p style="text-align: right;">26</p>	<ul style="list-style-type: none"> • Papa John's Pizza <p style="text-align: right;">27</p>	<ul style="list-style-type: none"> • firecracker chicken w/ sesame noodles • mama's tamale (VG) • honey mustard chicken wrap <ul style="list-style-type: none"> ○ broccoli <p style="text-align: right;">28</p>	<ul style="list-style-type: none"> • lone star bbq chicken sandwich • pepper jack cheeseburger • southwest veggie wrap (VG) <ul style="list-style-type: none"> ○ pinto beans ○ baby carrots w/ ranch <p style="text-align: right;">29</p>

What's New?

Welcome back to school!

Kid tested and chef crafted NEW meals:

- * Buffalo Chicken Pizza
- * Uncle Ted's BBQ Chicken Drumstick with Cheesy Rice
- * Honey Mustard Salad with Grilled Chicken Bites

Look for them on the menu in September!

Lunch: choice of 1% or fat-free milk; fresh fruit available daily.

Dairy-free (DF) and vegetarian (V) options available daily – if not listed on the menu, available upon request.

○ Vegetable of the day

