

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 <ul style="list-style-type: none"> 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 <ul style="list-style-type: none"> 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 <ul style="list-style-type: none"> 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.

o Vegetable of the day

