

October

HARMONY LUNCH – K-12

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> creamy pasta alfredo (VG) chicken potstickers (DF) mighty meaty deli sandwich glazed carrots <p style="text-align: right;">2</p>	<ul style="list-style-type: none"> mama's tamale w/green chili & cheese (VG) general tso's chicken (DF) chicken salad sandwich (DF) chilled green beans <p style="text-align: right;">3</p>	<ul style="list-style-type: none"> Papa John's Pizza! (VG) steamed corn <p style="text-align: right;">4</p>	<ul style="list-style-type: none"> fiesta scoops (VG) italian calzoni (VG) honey mustard chicken wrap Lettuce and tomato <p style="text-align: right;">5</p>	<ul style="list-style-type: none"> NO SCHOOL <p style="text-align: right;">6</p>
NATIONAL SCHOOL LUNCH WEEK				
<ul style="list-style-type: none"> NO SCHOOL <p style="text-align: right;">9</p>	<ul style="list-style-type: none"> cheesy ravioli (VG) turkey & cheddar sandwich mama's tamale (red chili chicken) (DF) chilled green beans <p style="text-align: right;">10</p>	<ul style="list-style-type: none"> Papa John's Pizza! (VG) steamed corn <p style="text-align: right;">11</p>	<ul style="list-style-type: none"> firecracker chicken w/sesame noodles uncle ted's bbq chicken drumsticks w/ cheesy rice cheddar cheese sandwich (VG) Lettuce and tomato <p style="text-align: right;">12</p>	<ul style="list-style-type: none"> breakfast for lunch: pancakes w/ sausage pepper jack cheeseburger southwest veggie wrap (VG) pinto beans baby carrots w/ ranch <p style="text-align: right;">13</p>
<ul style="list-style-type: none"> chicken bites (DF) creamy pasta alfredo (VG) mighty meaty deli sandwich glazed carrots <p style="text-align: right;">16</p>	<ul style="list-style-type: none"> mama's tamale w/green chili & cheese (VG) jerk drumstick w/ pineapple carrot rice chicken salad sandwich (DF) chilled green beans <p style="text-align: right;">17</p>	<ul style="list-style-type: none"> Papa John's Pizza! (VG) steamed corn <p style="text-align: right;">18</p>	<ul style="list-style-type: none"> fiesta scoops (VG) creamy tomato curry w/grilled chicken honey mustard chicken wrap Lettuce and tomato <p style="text-align: right;">19</p>	<ul style="list-style-type: none"> crispy chicken sandwich (DF) chicken taco trio taco dippers kit (VG) diced carrots w/ ranch <p style="text-align: right;">20</p>
<ul style="list-style-type: none"> cheese pizza panada pie (VG) mac & cheese w/chicken bites garden ranch salad w/chicken steamed carrots <p style="text-align: right;">23</p>	<ul style="list-style-type: none"> cheesy ravioli (VG) kickin chicken melt turkey & cheddar sandwich chilled green beans <p style="text-align: right;">24</p>	<ul style="list-style-type: none"> Papa John's Pizza! (VG) steamed corn <p style="text-align: right;">25</p>	<ul style="list-style-type: none"> chili citrus drumsticks w/rice (DF) bbq chicken w/cheesy rice honey mustard chicken wrap Lettuce and tomato <p style="text-align: right;">26</p>	<ul style="list-style-type: none"> pepperjack cheeseburger lone star bbq chicken sandwich southwest veggie wrap (VG) pinto beans diced carrots w/ ranch <p style="text-align: right;">27</p>
<ul style="list-style-type: none"> creamy pasta alfredo (VG) chicken potstickers (DF) mighty meaty deli sandwich glazed carrots <p style="text-align: right;">30</p>	<ul style="list-style-type: none"> mama's tamale w/green chili & cheese (VG) general tso's chicken (DF) chicken salad sandwich (DF) chilled green beans <p style="text-align: right;">31</p>			

celebrate national school lunch week!

October 9-13 is National School Lunch Week, and we're celebrating with an all-star menu of all your favorite meals!

Stop by the lunchroom and try something new!

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



October

HARMONY HOT BREAKFAST – K-12

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> • zee zee berry apple crisp bar • cheerios w/mini dipperdoodle bar • orange juice available <p style="text-align: right;">2</p>	<ul style="list-style-type: none"> • HOT french toast w/turkey sausage & egg • yogurt w/ granola • cocoa critters cereal <p style="text-align: right;">3</p>	<ul style="list-style-type: none"> • HOT classic chicken sausage & cheddar bagel sandwich • lemon muffin • honey buttons cereal • pineapple juice available <p style="text-align: right;">4</p>	<ul style="list-style-type: none"> • HOT cinnamon toast bagel • cinnamon crumble • snow flurries cereal <p style="text-align: right;">5</p>	<ul style="list-style-type: none"> • HOT turkey, pepper jack, & cheese omelet gordita • blueberry burst bagel w/ cream cheese • cinnamon chex w/zac attack strawberry bar • orange juice available <p style="text-align: right;">6</p>
NATIONAL SCHOOL LUNCH WEEK				
<ul style="list-style-type: none"> • dipperdoodle bar • multigrain cheerios w/zac attack strawberry bar • orange juice available <p style="text-align: right;">9</p>	<ul style="list-style-type: none"> • HOT omelet w/cheese • cinnamon crumble • snow flurries cereal <p style="text-align: right;">10</p>	<ul style="list-style-type: none"> • HOT pancakes w/syrup • french toast muffin • honey buttons cereal • pineapple juice available <p style="text-align: right;">11</p>	<ul style="list-style-type: none"> • HOT breakfast burrito w/ egg & cheese • whole wheat bagel w/ cream cheese • coca critters cereal <p style="text-align: right;">12</p>	<ul style="list-style-type: none"> • HOT chicken sausage & omelet gordita • blueberry muffin • cinnamon chex w/zac attack strawberry bar • orange juice available <p style="text-align: right;">13</p>
<ul style="list-style-type: none"> • zee zee berry apple crisp bar • cheerios w/mini dipperdoodle bar • orange juice available <p style="text-align: right;">16</p>	<ul style="list-style-type: none"> • HOT mini cheese omelet w/french toast sticks • yogurt w/granola • coca critters cereal <p style="text-align: right;">17</p>	<ul style="list-style-type: none"> • HOT classic chicken sausage & cheddar bagel sandwich • lemon muffin • honey buttons cereal • pineapple juice available <p style="text-align: right;">18</p>	<ul style="list-style-type: none"> • HOT cinnamon toast bagel • cinnamon crumble • snow flurries cereal <p style="text-align: right;">19</p>	<ul style="list-style-type: none"> • HOT turkey, pepper jack, & cheese omelet gordita • blueberry burst bagel w/cream cheese • cinnamon chex w/zac attack strawberry bar • orange juice available <p style="text-align: right;">20</p>
<ul style="list-style-type: none"> • dipperdoodle bar • multigrain cheerios w/zac attack strawberry bar • orange juice available <p style="text-align: right;">23</p>	<ul style="list-style-type: none"> • HOT omelet w/cheese • cinnamon crumble • snow flurries cereal <p style="text-align: right;">24</p>	<ul style="list-style-type: none"> • HOT pancakes w/syrup • french toast muffin • honey buttons cereal • pineapple juice available <p style="text-align: right;">25</p>	<ul style="list-style-type: none"> • HOT panada pie w/eggs, cheese, & green chilis • whole wheat bagel w/ cream cheese • cocoa critters cereal <p style="text-align: right;">26</p>	<ul style="list-style-type: none"> • HOT chicken sausage & omelet gordita • blueberry muffin • cinnamon chex w/zac attack strawberry bar • orange juice available <p style="text-align: right;">27</p>
<ul style="list-style-type: none"> • zee zee berry apple crisp bar • cheerios w/mini dipperdoodle bar • orange juice available <p style="text-align: right;">30</p>	<ul style="list-style-type: none"> • HOT french toast w/turkey sausage & egg • yogurt w/ granola • coca critters cereal <p style="text-align: right;">31</p>			

what's new?

Did you know that we serve only rBST-free milk? Filled with calcium, vitamin D, and protein, milk is full of the good stuff you need to grow strong bodies and minds.

Don't forget to grab a carton of low-fat or non-fat milk with breakfast!

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



October

HARMONY COLD BREAKFAST – K-12

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> • zee zee berry apple crisp bar • cheerios w/mini dipperdoodle bar • orange juice available <p style="text-align: right;">2</p>	<ul style="list-style-type: none"> • yogurt w/ granola • cocoa critters cereal <p style="text-align: right;">3</p>	<ul style="list-style-type: none"> • lemon muffin • honey buttons cereal • pineapple juice available <p style="text-align: right;">4</p>	<ul style="list-style-type: none"> • cinnamon crumble • snow flurries cereal <p style="text-align: right;">5</p>	<ul style="list-style-type: none"> • blueberry burst bagel w/ cream cheese • cinnamon chex w/zac attack strawberry bar • orange juice available <p style="text-align: right;">6</p>
NATIONAL SCHOOL LUNCH WEEK				
<ul style="list-style-type: none"> • dipperdoodle bar • multigrain cheerios w/zac attack strawberry bar • orange juice available <p style="text-align: right;">9</p>	<ul style="list-style-type: none"> • cinnamon crumble • snow flurries cereal <p style="text-align: right;">10</p>	<ul style="list-style-type: none"> • french toast muffin • honey buttons cereal • pineapple juice available <p style="text-align: right;">11</p>	<ul style="list-style-type: none"> • whole wheat bagel w/ cream cheese • coca critters cereal <p style="text-align: right;">12</p>	<ul style="list-style-type: none"> • blueberry muffin • cinnamon chex w/zac attack strawberry bar • orange juice available <p style="text-align: right;">13</p>
<ul style="list-style-type: none"> • zee zee berry apple crisp bar • cheerios w/mini dipperdoodle bar • orange juice available <p style="text-align: right;">16</p>	<ul style="list-style-type: none"> • yogurt w/granola • coca critters cereal <p style="text-align: right;">17</p>	<ul style="list-style-type: none"> • lemon muffin • honey buttons cereal • pineapple juice available <p style="text-align: right;">18</p>	<ul style="list-style-type: none"> • cinnamon crumble • snow flurries cereal <p style="text-align: right;">19</p>	<ul style="list-style-type: none"> • blueberry burst bagel w/cream cheese • cinnamon chex w/zac attack strawberry bar • orange juice available <p style="text-align: right;">20</p>
<ul style="list-style-type: none"> • dipperdoodle bar • multigrain cheerios w/zac attack strawberry bar • orange juice available <p style="text-align: right;">23</p>	<ul style="list-style-type: none"> • cinnamon crumble • snow flurries cereal <p style="text-align: right;">24</p>	<ul style="list-style-type: none"> • french toast muffin • honey buttons cereal • pineapple juice available <p style="text-align: right;">25</p>	<ul style="list-style-type: none"> • whole wheat bagel w/ cream cheese • cocoa critters cereal <p style="text-align: right;">26</p>	<ul style="list-style-type: none"> • blueberry muffin • cinnamon chex w/zac attack strawberry bar • orange juice available <p style="text-align: right;">27</p>
<ul style="list-style-type: none"> • zee zee berry apple crisp bar • cheerios w/mini dipperdoodle bar • orange juice available <p style="text-align: right;">30</p>	<ul style="list-style-type: none"> • yogurt w/ granola • coca critters cereal <p style="text-align: right;">31</p>			

what's new?

Did you know that we serve only rBST-free milk? Filled with calcium, vitamin D, and protein, milk is full of the good stuff you need to grow strong bodies and minds.

Don't forget to grab a carton of low-fat or non-fat milk with breakfast!

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



October

HARMONY SNACK

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> goldfish pretzels <p>2</p>	<ul style="list-style-type: none"> blazin hots seeds <p>3</p>	<ul style="list-style-type: none"> RF honey wheat crackers w/string cheese <p>4</p>	<ul style="list-style-type: none"> skeeter cinnamon grahams <p>5</p>	<ul style="list-style-type: none"> multigrain rumbles - salsa fresca <p>6</p>
NATIONAL SCHOOL LUNCH WEEK				
<ul style="list-style-type: none"> goldfish "colors" cheddar crackers <p>9</p>	<ul style="list-style-type: none"> multigrain rumbles - ranch <p>10</p>	<ul style="list-style-type: none"> educational snacks w/string cheese <p>11</p>	<ul style="list-style-type: none"> multigrain rumbles - cinnamon <p>12</p>	<ul style="list-style-type: none"> sunflower seeds <p>13</p>
<ul style="list-style-type: none"> goldfish pretzels <p>16</p>	<ul style="list-style-type: none"> blazin hots seeds <p>17</p>	<ul style="list-style-type: none"> RF honey wheat crackers w/string cheese <p>18</p>	<ul style="list-style-type: none"> skeeter cinnamon grahams <p>19</p>	<ul style="list-style-type: none"> multigrain rumbles - salsa fresca <p>20</p>
<ul style="list-style-type: none"> goldfish "colors" cheddar crackers <p>23</p>	<ul style="list-style-type: none"> multigrain rumbles - ranch <p>24</p>	<ul style="list-style-type: none"> educational snacks w/string cheese <p>25</p>	<ul style="list-style-type: none"> multigrain rumbles - cinnamon <p>26</p>	<ul style="list-style-type: none"> sunflower seeds <p>27</p>
<ul style="list-style-type: none"> goldfish pretzels <p>30</p>	<ul style="list-style-type: none"> blazin hots seeds <p>31</p>			

what's new?

Snack happy. A balanced mid-day snack in the afternoon can be a healthy part of your diet! Look for whole grains, protein, and fat to tide you over until dinner.

Snack: fresh fruit available daily except when sunbutter, string cheese, or juice is served.

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

