

August

HARMONY HOT BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
	<ul style="list-style-type: none"> egg & cheese breakfast burrito cinnamon crumble assorted cereal (DF) <p style="text-align: right;">1</p>	<ul style="list-style-type: none"> pancakes french toast muffin assorted cereal (DF) <p style="text-align: right;">2</p>	<ul style="list-style-type: none"> omelet w/ cheese whole wheat bagel w/ cream cheese assorted cereal (DF) <p style="text-align: right;">3</p>	<ul style="list-style-type: none"> turkey egg & cheese english muffin blueberry muffin cinnamon chex w/ strawberry zak bar (DF) <p style="text-align: right;">4</p>
<ul style="list-style-type: none"> zee zee berry apple crisp bar (DF) cheerios w/ mini dipperdoodle bar (DF) <p style="text-align: right;">7</p>	<ul style="list-style-type: none"> chicken sausage & cheese bagel sandwich yogurt w/ granola assorted cereal (DF) <p style="text-align: right;">8</p>	<ul style="list-style-type: none"> cinnamon toast bagel lemon muffin assorted cereal (DF) <p style="text-align: right;">9</p>	<ul style="list-style-type: none"> omelet w/ cheese cinnamon crumble assorted cereal (DF) <p style="text-align: right;">10</p>	<ul style="list-style-type: none"> bean & cheese breakfast burrito blueberry bagel cinnamon chex w/ strawberry zak bar (DF) <p style="text-align: right;">11</p>
<ul style="list-style-type: none"> dipperdoodle bar cheerios w/ strawberry zak bar (DF) <p style="text-align: right;">14</p>	<ul style="list-style-type: none"> cheese omelet with french toast stick cinnamon crumble assorted cereal (DF) <p style="text-align: right;">15</p>	<ul style="list-style-type: none"> pancakes french toast muffin assorted cereal (DF) <p style="text-align: right;">16</p>	<ul style="list-style-type: none"> panada pie w/ eggs & cheese plain bagel w/ cream cheese assorted cereal (DF) <p style="text-align: right;">17</p>	<ul style="list-style-type: none"> turkey & cheese english muffin blueberry muffin cinnamon chex w/ strawberry zak bar (DF) <p style="text-align: right;">18</p>
<ul style="list-style-type: none"> zee zee berry apple crisp bar (DF) cheerios w/ mini dipperdoodle bar (DF) <p style="text-align: right;">21</p>	<ul style="list-style-type: none"> omelet w/ cheese yogurt w/ granola assorted cereal (DF) <p style="text-align: right;">22</p>	<ul style="list-style-type: none"> cinnamon toast bagel lemon muffin assorted cereal (DF) <p style="text-align: right;">23</p>	<ul style="list-style-type: none"> chicken sausage & cheese bagel sandwich cinnamon crumble assorted cereal (DF) <p style="text-align: right;">24</p>	<ul style="list-style-type: none"> bean & cheese breakfast burrito blueberry bagel cinnamon chex w/ strawberry zak bar <p style="text-align: right;">25</p>
<ul style="list-style-type: none"> dipperdoodle bar cheerios w/ strawberry zak bar (DF) <p style="text-align: right;">28</p>	<ul style="list-style-type: none"> cheese omelet w/ french toast stick cinnamon crumble assorted cereal (DF) <p style="text-align: right;">29</p>	<ul style="list-style-type: none"> pancakes french toast muffin assorted cereal (DF) <p style="text-align: right;">30</p>	<ul style="list-style-type: none"> panada pie w/ eggs & cheese plain bagel w/ cream cheese assorted cereal (DF) <p style="text-align: right;">31</p>	

What's New?

Say hello to the newest edition to the breakfast family.

The Cheese Omelet with French Toast Sticks.

Look for it on the menu on **August 29th!!!**

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

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

o Vegetable of the day



August

HARMONY LUNCH K-12

Monday	Tuesday	Wednesday	Thursday	Friday
	<ul style="list-style-type: none"> • hamburger • cheesy ravioli • turkey & cheddar sandwich(VG) ○ chilled green beans <p style="text-align: right;">1</p>	<ul style="list-style-type: none"> • bbq chicken sandwich • hot dog (DF) • sunbutter & jelly sandwich (VG) ○ broccoli florets <p style="text-align: right;">2</p>	<ul style="list-style-type: none"> • chicken taco trio • bbq chicken w/ cheesy rice • honey mustard chicken wrap ○ pinto beans ○ baby carrots w/ ranch <p style="text-align: right;">3</p>	<ul style="list-style-type: none"> • breakfast for lunch: pancakes w/ sausage • bbq chicken sandwich • southwest veggie wrap (VG) ○ steamed corn <p style="text-align: right;">4</p>
<ul style="list-style-type: none"> • chicken bites (DF) • pasta alfredo (VG) • mighty meaty deli sandwich ○ garbanzo beans ○ baby carrots w/ ranch <p style="text-align: right;">7</p>	<ul style="list-style-type: none"> • hot dog (DF) • tamale w/ green chili & cheese (VG) • chicken salad sandwich (DF) ○ chilled green beans <p style="text-align: right;">8</p>	<ul style="list-style-type: none"> • cheeseburger • cheese pizza (VG) • chicken caesar wrap ○ glazed carrots <p style="text-align: right;">9</p>	<ul style="list-style-type: none"> • fiesta scoops (VG) • breakfast for lunch: pancakes w/ omelet (VG) • honey mustard salad w/ chicken bites ○ broccoli florets <p style="text-align: right;">10</p>	<ul style="list-style-type: none"> • chicken sandwich (DF) • mac & cheese w/ chicken sausage • taco dippers kit (VG) ○ steamed corn <p style="text-align: right;">11</p>
<ul style="list-style-type: none"> • cheese pizza panada pie (VG) • mac & cheese w/ chicken bites • garden ranch salad w/ chicken breast ○ steamed carrots <p style="text-align: right;">14</p>	<ul style="list-style-type: none"> • buffalo chicken pizza • cheesy ravioli (VG) • turkey & cheddar sandwich ○ chilled green beans <p style="text-align: right;">15</p>	<ul style="list-style-type: none"> • bbq chicken sandwich • hot dog (DF) • sunbutter & jelly sandwich (VG) ○ broccoli florets <p style="text-align: right;">16</p>	<ul style="list-style-type: none"> • chicken taco trio • uncle ted's bbq chicken w/ cheesy rice • honey mustard chicken wrap ○ pinto beans ○ baby carrots w/ ranch <p style="text-align: right;">17</p>	<ul style="list-style-type: none"> • breakfast for lunch: pancakes w/ sausage • bbq chicken sandwich • southwest veggie wrap (VG) ○ steamed corn <p style="text-align: right;">18</p>
<ul style="list-style-type: none"> • chicken bites (DF) • pasta alfredo (VG) • mighty meaty deli combo ○ edamame ○ baby carrots w/ ranch <p style="text-align: right;">21</p>	<ul style="list-style-type: none"> • hot dog (DF) • tamale w/ green chili & cheese (VG) • chicken salad sandwich (DF) ○ chilled green beans <p style="text-align: right;">22</p>	<ul style="list-style-type: none"> • cheeseburger • cheese pizza (VG) • chicken caesar wrap ○ glazed carrots <p style="text-align: right;">23</p>	<ul style="list-style-type: none"> • fiesta scoops (VG) • breakfast for lunch: pancakes w/ omelet (VG) • honey mustard salad w/ chicken bites ○ broccoli florets <p style="text-align: right;">24</p>	<ul style="list-style-type: none"> • chicken sandwich (DF) • mac & cheese w/ chicken sausage • taco dippers kit (VG) ○ steamed corn <p style="text-align: right;">25</p>
<ul style="list-style-type: none"> • cheese pizza panada pie (VG) • mac & cheese w/ chicken bites • garden ranch salad w/ chicken breast ○ steamed carrots <p style="text-align: right;">28</p>	<ul style="list-style-type: none"> • NEW! buffalo chicken pizza • cheesy ravioli (VG) • turkey & cheddar sandwich ○ chilled green beans <p style="text-align: right;">29</p>	<ul style="list-style-type: none"> • bbq chicken sandwich • hot dog (DF) • sunbutter & jelly sandwich (VG) ○ broccoli florets <p style="text-align: right;">30</p>	<ul style="list-style-type: none"> • fiesta scoops (VG) • bbq chicken w/ cheesy rice • honey mustard chicken wrap ○ pinto beans ○ baby carrots w/ ranch <p style="text-align: right;">31</p>	

What's New?

Welcome back to school!
Excited to announce that we have a new menu item.

Our new Buffalo Chicken Pizza is available on August 29th.

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

August

HARMONY LUNCH PSN

Monday	Tuesday	Wednesday	Thursday	Friday
	<ul style="list-style-type: none"> • hamburger • cheesy ravioli • turkey & cheddar sandwich(VG) ○ chilled green beans <p style="text-align: right;">1</p>	<ul style="list-style-type: none"> • bbq chicken sandwich • cheese pizza (VG) • sunbutter & jelly sandwich (VG) ○ broccoli florets <p style="text-align: right;">2</p>	<ul style="list-style-type: none"> • chicken taco trio • bbq chicken w/ cheesy rice • hummus dippers (VG) ○ pinto beans <p style="text-align: right;">3</p>	<ul style="list-style-type: none"> • bbq chicken sandwich • cheese lasagna (VG) • southwest veggie wrap (VG) ○ steamed corn <p style="text-align: right;">4</p>
<ul style="list-style-type: none"> • chicken bites (DF) • pasta alfredo (VG) • mighty meaty deli sandwich ○ diced carrots w/ ranch <p style="text-align: right;">7</p>	<ul style="list-style-type: none"> • bbq chicken quesadilla • tamale w/ green chili & cheese (VG) • chicken salad sandwich (DF) ○ chilled green beans <p style="text-align: right;">8</p>	<ul style="list-style-type: none"> • cheeseburger • cheese pizza (VG) • chicken caesar wrap ○ diced carrots <p style="text-align: right;">9</p>	<ul style="list-style-type: none"> • breakfast for lunch: pancakes w/ omelet (VG) • firecracker chicken w/ sesame noodles • honey mustard chicken wrap ○ broccoli florets <p style="text-align: right;">10</p>	<ul style="list-style-type: none"> • chicken sandwich (DF) • spaghetti marinara • taco dippers kit (VG) ○ steamed corn <p style="text-align: right;">11</p>
<ul style="list-style-type: none"> • cheese pizza panada pie (VG) • mac & cheese w/ chicken bites • bbq chicken wrap ○ diced carrots <p style="text-align: right;">14</p>	<ul style="list-style-type: none"> • buffalo chicken pizza • cheesy ravioli (VG) • turkey & cheddar sandwich ○ chilled green beans <p style="text-align: right;">15</p>	<ul style="list-style-type: none"> • bbq chicken sandwich • cheese pizza (DF) • sunbutter & jelly sandwich (VG) ○ broccoli florets <p style="text-align: right;">16</p>	<ul style="list-style-type: none"> • chicken taco trio • bbq chicken w/ cheesy rice • cheddar cheese sandwich ○ pinto beans <p style="text-align: right;">17</p>	<ul style="list-style-type: none"> • bbq chicken sandwich • five cheese lasagna (VG) • southwest veggie wrap (VG) ○ steamed corn <p style="text-align: right;">18</p>
<ul style="list-style-type: none"> • chicken bites (DF) • pasta alfredo (VG) • mighty meaty deli combo ○ diced carrots w/ ranch <p style="text-align: right;">21</p>	<ul style="list-style-type: none"> • bbq chicken quesadilla • tamale w/ green chili & cheese (VG) • chicken salad sandwich (DF) ○ chilled green beans <p style="text-align: right;">22</p>	<ul style="list-style-type: none"> • cheeseburger • cheese pizza (VG) • chicken caesar wrap ○ diced carrots <p style="text-align: right;">23</p>	<ul style="list-style-type: none"> • breakfast for lunch: pancakes w/ omelet (VG) • chicken taco trio • honey mustard chicken wrap ○ broccoli florets <p style="text-align: right;">24</p>	<ul style="list-style-type: none"> • chicken sandwich (DF) • spaghetti marinara (VG) • taco dippers kit (VG) ○ steamed corn <p style="text-align: right;">25</p>
<ul style="list-style-type: none"> • cheese pizza panada pie (VG) • mac & cheese w/ chicken bites • bbq chicken wrap ○ diced carrots <p style="text-align: right;">28</p>	<ul style="list-style-type: none"> • NEW! buffalo chicken pizza • cheesy ravioli (VG) • turkey & cheddar sandwich ○ chilled green beans <p style="text-align: right;">29</p>	<ul style="list-style-type: none"> • bbq chicken sandwich • cheese pizza (VG) • sunbutter & jelly sandwich (VG) ○ broccoli florets <p style="text-align: right;">30</p>	<ul style="list-style-type: none"> • chicken taco trio • bbq chicken w/ cheesy rice • hummus dippers ○ corn <p style="text-align: right;">31</p>	

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○ Vegetable of the day



August

HARMONY COLD BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
	<ul style="list-style-type: none"> cinnamon crumble assorted cereal (DF) <p>1</p>	<ul style="list-style-type: none"> french toast muffin assorted cereal (DF) <p>2</p>	<ul style="list-style-type: none"> whole wheat bagel w/ cream cheese assorted cereal (DF) <p>3</p>	<ul style="list-style-type: none"> blueberry muffin cinnamon chex w/ strawberry zak bar (DF) <p>4</p>
<ul style="list-style-type: none"> zee zee berry apple crisp bar (DF) cheerios w/ mini dipperdoodle bar (DF) <p>7</p>	<ul style="list-style-type: none"> yogurt w/ granola assorted cereal (DF) <p>8</p>	<ul style="list-style-type: none"> lemon muffin assorted cereal (DF) <p>9</p>	<ul style="list-style-type: none"> cinnamon crumble assorted cereal (DF) <p>10</p>	<ul style="list-style-type: none"> blueberry bagel cinnamon chex w/ strawberry zak bar (DF) <p>11</p>
<ul style="list-style-type: none"> dipperdoodle bar cheerios w/ strawberry zak bar (DF) <p>14</p>	<ul style="list-style-type: none"> cinnamon crumble assorted cereal (DF) <p>15</p>	<ul style="list-style-type: none"> french toast muffin assorted cereal (DF) <p>16</p>	<ul style="list-style-type: none"> plain bagel w/ cream cheese assorted cereal (DF) <p>17</p>	<ul style="list-style-type: none"> blueberry muffin cinnamon chex w/ strawberry zak bar (DF) <p>18</p>
<ul style="list-style-type: none"> zee zee berry apple crisp bar (DF) cheerios w/ mini dipperdoodle bar (DF) <p>21</p>	<ul style="list-style-type: none"> yogurt w/ granola assorted cereal (DF) <p>22</p>	<ul style="list-style-type: none"> lemon muffin assorted cereal (DF) <p>23</p>	<ul style="list-style-type: none"> cinnamon crumble assorted cereal (DF) <p>24</p>	<ul style="list-style-type: none"> blueberry bagel cinnamon chex w/ strawberry zak bar <p>25</p>
<ul style="list-style-type: none"> dipperdoodle bar cheerios w/ strawberry zak bar (DF) <p>28</p>	<ul style="list-style-type: none"> cinnamon crumble assorted cereal (DF) <p>29</p>	<ul style="list-style-type: none"> french toast muffin assorted cereal (DF) <p>30</p>	<ul style="list-style-type: none"> plain bagel w/ cream cheese assorted cereal (DF) <p>31</p>	

What's New?

Say hello to the newest edition to the breakfast family.

The Cheese Omelet with French Toast Sticks.

Look for it on the HOT menu on **August 29th!!!**

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

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o Vegetable of the day

