

January

Harmony Hot Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> shelf stable: RF flurries, skeeter cinnamon grahams and raisins <p style="text-align: right;">2</p>	<ul style="list-style-type: none"> shelf stable: RF flurries, skeeter cinnamon grahams and raisins <p style="text-align: right;">3</p>	<ul style="list-style-type: none"> autumn spice muffin <p style="text-align: right;">4</p>	<ul style="list-style-type: none"> pancakes w/ syrup blueberry bagel w/ cream cheese <p style="text-align: right;">5</p>	<ul style="list-style-type: none"> cinnamon toast bagel lemon muffin <p style="text-align: right;">6</p>
<ul style="list-style-type: none"> strawberry zac omega bar assorted cereal <p style="text-align: right;">9</p>	<ul style="list-style-type: none"> cinnamon toast bagel french toast muffin assorted cereal <p style="text-align: right;">10</p>	<ul style="list-style-type: none"> waffles w/ syrup bagel w/ cream cheese assorted cereal <p style="text-align: right;">11</p>	<ul style="list-style-type: none"> breakfast burrito blueberry muffin assorted cereal <p style="text-align: right;">12</p>	<ul style="list-style-type: none"> chicken sausage and cheddar bagel cinnamon crumble assorted cereal <p style="text-align: right;">13</p>
<p style="text-align: center;">• NO SCHOOL</p> <p style="text-align: right;">16</p>	<ul style="list-style-type: none"> skeeter cinn grahams and cinn rumbles assorted cereal <p style="text-align: right;">17</p>	<ul style="list-style-type: none"> southwest chicken chorizo and cheese english muffin cinnamon crumble assorted cereal <p style="text-align: right;">18</p>	<ul style="list-style-type: none"> pancakes w/ syrup blueberry bagel w/ cream cheese assorted cereal <p style="text-align: right;">19</p>	<ul style="list-style-type: none"> cinnamon toast bagel lemon muffin assorted cereal <p style="text-align: right;">20</p>
<ul style="list-style-type: none"> strawberry zac omega bar assorted cereal <p style="text-align: right;">23</p>	<ul style="list-style-type: none"> cinnamon toast bagel french toast muffin assorted cereal <p style="text-align: right;">24</p>	<ul style="list-style-type: none"> waffles w/ syrup bagel w/ cream cheese assorted cereal <p style="text-align: right;">25</p>	<ul style="list-style-type: none"> breakfast burrito blueberry muffin assorted cereal <p style="text-align: right;">26</p>	<ul style="list-style-type: none"> chicken sausage and cheddar english muffin cinnamon crumble assorted cereal <p style="text-align: right;">27</p>
<ul style="list-style-type: none"> dipperdoodle bar assorted cereal <p style="text-align: right;">30</p>	<ul style="list-style-type: none"> pancakes w/ syrup yogurt & granola assorted cereal <p style="text-align: right;">31</p>			

What's New?

Resolve to eat breakfast this year! Studies show that students who eat breakfast at school perform better on tests and have improved concentration, alertness, comprehension, memory, and learning!

Breakfast: choice of 1% or fat-free milk; fresh fruit available daily except when fruit juice is offered twice per week.

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

This institution is an equal opportunity provider



January

Harmony Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
<p>NO SCHOOL</p> <p>2</p>	<ul style="list-style-type: none"> crispy chicken sandwich (DF) breakfast for lunch: pancakes w/ sausage cheese sandwich (VG) broccoli <p>3</p>	<ul style="list-style-type: none"> cheese pizza (VG) cheeseburger turkey & cheese sandwich seasoned corn <p>4</p>	<ul style="list-style-type: none"> chicken bites (DF) cheese pizza panada pie (VG) southwest veggie wrap (VG) sliced cucumber w/ ranch <p>5</p>	<ul style="list-style-type: none"> kickin chicken melt sandwich cheese ravioli (VG) sunbutter & jelly sandwich (VG) glazed carrots <p>6</p>
<ul style="list-style-type: none"> cheese pizza panada pie (VG) spicy egg & chorizo bagel sandwich turkey & cheese sandwich broccoli florets <p>9</p>	<ul style="list-style-type: none"> spaghetti & meatballs (DF) mac & cheese w/ chicken sausage southwest veggie wrap (VG) coleslaw <p>10</p>	<ul style="list-style-type: none"> cheese pizza (VG) oven roasted chicken sandwich (DF) chicken garden ranch salad baby carrots w/ ranch <p>11</p>	<ul style="list-style-type: none"> chicken taco trio bbq chicken quesadilla sunbutter & jelly sandwich (VG) pinto beans and grape tomatoes <p>12</p>	<ul style="list-style-type: none"> cheese ravioli (VG) kickin chicken parm pasta chicken caesar wrap seasoned corn <p>13</p>
<p>NO SCHOOL</p> <p>16</p>	<ul style="list-style-type: none"> chicken taco trio breakfast for lunch: pancakes w/ omelet (VG) chicken caesar salad broccoli <p>17</p>	<ul style="list-style-type: none"> sloppy joe (DF) cheese pizza (VG) NEW!! mighty meaty deli combo sandwich seasoned corn <p>18</p>	<ul style="list-style-type: none"> kickin chicken melt sandwich cheese tamale (VG) chicken caesar wrap charro beans and grape tomatoes <p>19</p>	<ul style="list-style-type: none"> cheese lasagna (VG) crispy chicken sandwich (DF) sesame chicken wrap (DF) sliced cucumber w/ ranch <p>20</p>
<ul style="list-style-type: none"> cheese pizza panada pie (VG) chicken potstickers (DF) chicken bites (DF) chicken salad sandwich (DF) green peas <p>23</p>	<ul style="list-style-type: none"> breakfast for lunch: pancakes w/ chicken sausage spaghetti marinara (VG) mighty meaty deli combo sandwich pinto beans and grape tomatoes <p>24</p>	<ul style="list-style-type: none"> buffalo chicken sandwich cheeseburger sunbutter & jelly sandwich (VG) coleslaw <p>25</p>	<ul style="list-style-type: none"> hot dog (DF) cheese ravioli (VG) turkey & cheese sandwich baby carrots w/ ranch <p>26</p>	<ul style="list-style-type: none"> firecracker chicken w/ sesame noodles pepperoni calzoni (VG) sesame chicken salad broccoli <p>27</p>
<ul style="list-style-type: none"> egg & chicken sausage bagel sandwich mac & cheese w/ chicken bites southwest veggie wrap (VG) baby carrots w/ ranch <p>30</p>	<ul style="list-style-type: none"> chicken taco trio pepperoni calzoni (VG) bbq chicken wrap coleslaw <p>31</p>			

What's New?

It's mighty, it's meaty, and it's all new! The Mighty Meaty Deli Combo Sandwich features turkey ham, turkey salami, and mozzarella cheese on a Kaiser roll. No pork here!

Look for it on the menu on January 18th !

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

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