

May

HARMONY LUNCH K-12

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|---|--|
| <ul style="list-style-type: none"> chicken bites (DF) cheese enchiladas (VG) turkey & cheese o steamed carrots <p style="text-align: right;">1</p> | <ul style="list-style-type: none"> spaghetti and meatballs (DF) mac & cheese w/ chicken sausage sunbutter & jelly (VG) o cucumber w/ ranch <p style="text-align: right;">2</p> | <ul style="list-style-type: none"> papa john's pizza o glazed carrots <p style="text-align: right;">3</p> | <ul style="list-style-type: none"> cheese ravioli (VG) hotdog (DF) mighty meaty deli combo o broccoli florets <p style="text-align: right;">4</p> | <ul style="list-style-type: none"> fiesta scoops (VG) chicken tamale sesame chicken wrap (DF) o black beans o grape tomatoes w/ranch <p style="text-align: right;">5</p> |
| <ul style="list-style-type: none"> cheese panada pie (VG) mac & cheese w/ chicken bites mighty meaty deli combo o steamed carrots <p style="text-align: right;">8</p> | <ul style="list-style-type: none"> hotdog (DF) buffalo chicken crunchadilla taco dippers (VG) o steamed corn <p style="text-align: right;">9</p> | <ul style="list-style-type: none"> papa john's pizza o green beans <p style="text-align: right;">10</p> | <ul style="list-style-type: none"> crispy chicken sandwich (DF) breakfast for lunch: pancakes w/ chicken sausage sunbutter & jelly (VG) o broccoli florets <p style="text-align: right;">11</p> | <ul style="list-style-type: none"> firecracker chicken pepperoni calzoni (VG) chicken salad sandwich (DF) o pinto beans o baby carrots w/ ranch <p style="text-align: right;">12</p> |
| <ul style="list-style-type: none"> cheese lasagna (VG) crispy chicken sandwich (DF) turkey & cheese o glazed carrots <p style="text-align: right;">15</p> | <ul style="list-style-type: none"> hotdog (DF) cheese ravioli (VG) sunbutter & jelly (VG) o green beans <p style="text-align: right;">16</p> | <ul style="list-style-type: none"> papa john's pizza o steamed corn <p style="text-align: right;">17</p> | <ul style="list-style-type: none"> chicken bites (DF) pasta alfredo (VG) mighty meaty deli combo o broccoli florets <p style="text-align: right;">18</p> | <ul style="list-style-type: none"> breakfast for lunch: pancakes w/ omelet (VG) pepperoni calzoni (VG) chicken salad sandwich (DF) o edamame o grape tomatoes w/ ranch <p style="text-align: right;">19</p> |
| <ul style="list-style-type: none"> cheese pizza panada pie (VG) mac & cheese w/ chicken bites mighty meaty deli combo o green beans <p style="text-align: right;">22</p> | <ul style="list-style-type: none"> chicken taco trio fiesta scoops (VG) sesame chicken wrap (DF) o steamed corn <p style="text-align: right;">23</p> | <ul style="list-style-type: none"> papa john's pizza o side salad w/ ranch <p style="text-align: right;">24</p> | <ul style="list-style-type: none"> breakfast for lunch: pancakes w/ chicken sausage spaghetti and meatballs (DF) sunbutter & jelly (VG) o glazed carrots <p style="text-align: right;">25</p> | <p style="text-align: right;">26</p> |
| <p style="text-align: right;">29</p> | <p style="text-align: right;">30</p> | <p style="text-align: right;">31</p> | | |

cinco de mayo!

In Mexico, tamales are traditionally served to celebrate holidays or special occasions

Our **new Mama's Tamales** come in two flavors: red chile chicken and mild green chile & cheese. Both are prepared traditionally and individually hand wrapped in a corn husk before being steamed.

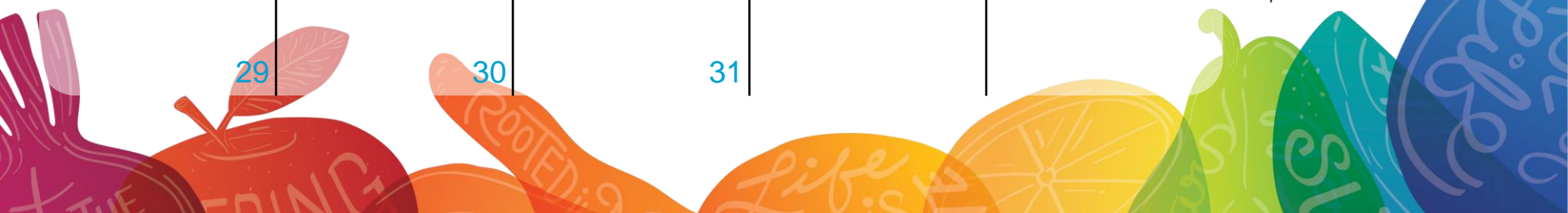
Look for tamales on the menu on Cinco de Mayo! (That's May 5th)

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

This institution is an equal opportunity provider.



May

HARMONY HOT BREAKFAST

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|---|--|
| <ul style="list-style-type: none"> dipperdoodle bar assorted cereal <p>1</p> | <ul style="list-style-type: none"> french toast muffin assorted cereal HOT waffle sticks <p>2</p> | <ul style="list-style-type: none"> bagel w/ cream cheese assorted cereal HOT buenos dias burrito <p>3</p> | <ul style="list-style-type: none"> blueberry muffin assorted cereal HOT chicken chorizo & cheese english muffin <p>4</p> | <ul style="list-style-type: none"> cinnamon crumble assorted cereal HOT omelet w/ cheese <p>5</p> |
| <ul style="list-style-type: none"> zee zees apple crisp bar assorted cereal <p>8</p> | <ul style="list-style-type: none"> granola & yogurt assorted cereal HOT pancakes <p>9</p> | <ul style="list-style-type: none"> french toast muffin assorted cereal HOT chicken sausage & cheese bagel <p>10</p> | <ul style="list-style-type: none"> cinnamon crumble assorted cereal HOT cheesy bean burrito <p>11</p> | <ul style="list-style-type: none"> blueberry bagel assorted cereal HOT cinnamon toast bagel <p>12</p> |
| <ul style="list-style-type: none"> dipperdoodle bar assorted cereal <p>15</p> | <ul style="list-style-type: none"> french toast muffin assorted cereal HOT chicken chorizo & cheese english muffin <p>16</p> | <ul style="list-style-type: none"> bagel w/ cream cheese assorted cereal HOT omelet w/ cheese <p>17</p> | <ul style="list-style-type: none"> blueberry muffin assorted cereal HOT buenos dias burrito <p>18</p> | <ul style="list-style-type: none"> cinnamon crumble assorted cereal HOT waffle sticks <p>19</p> |
| <ul style="list-style-type: none"> zee zees apple crisp bar assorted cereal <p>22</p> | <ul style="list-style-type: none"> granola & yogurt assorted cereal HOT pancakes <p>23</p> | <ul style="list-style-type: none"> french toast muffin assorted cereal HOT chicken sausage & cheese bagel <p>24</p> | <ul style="list-style-type: none"> cinnamon crumble assorted cereal HOT cheesy bean burrito <p>25</p> | <p>26</p> |
| <p>29</p> | <p>30</p> | <p>31</p> | | |

what's new?

We're introducing a **new omelet!** Made with real eggs and Colby cheese, omelets are a great source of protein to help you stay satisfied and focused all morning long

Look for our classic cheese omelet on the menu on April 5 and April 17!

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.

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