

# August

## HARMONY HOT BREAKFAST

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

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

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