

# October

## HARMONY LUNCH – K-12

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



## HARMONY HOT BREAKFAST – K-12

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

