

# 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>o 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>o chilled green beans</li> </ul> <p style="text-align: right;">3</p>	<ul style="list-style-type: none"> <li>Papa John's Pizza! (VG)</li> <li>o 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>o Lettuce and tomato</li> </ul> <p style="text-align: right;">5</p>	<p><b>NO SCHOOL</b></p> <p style="text-align: right;">6</p>
<b>NATIONALS</b>				
<p><b>NO SCHOOL</b></p> <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>o chilled green beans</li> </ul> <p style="text-align: right;">10</p>	<ul style="list-style-type: none"> <li>Papa John's Pizza! (VG)</li> <li>o 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>o 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>o pinto beans</li> <li>o 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>o 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>o chilled green beans</li> </ul> <p style="text-align: right;">17</p>	<ul style="list-style-type: none"> <li>Papa John's Pizza! (VG)</li> <li>o 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>o 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>o 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>o 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>o chilled green beans</li> </ul> <p style="text-align: right;">24</p>	<ul style="list-style-type: none"> <li>Papa John's Pizza! (VG)</li> <li>o 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>o 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>o pinto beans</li> <li>o 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>o 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>o 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



# October

## 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>
<b>NATIONALS</b>				
<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>
<b>SCHOOL LUNCH WEEK</b>				
<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?

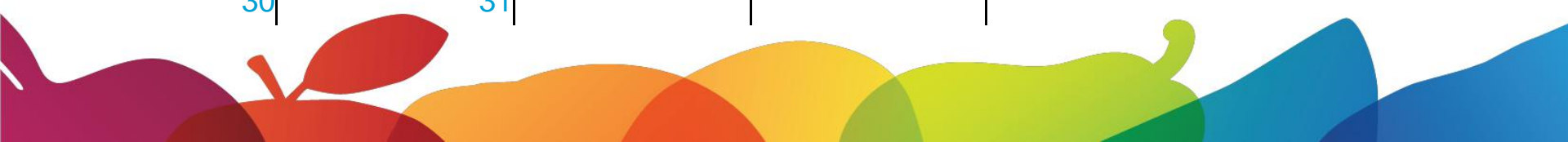
Did you know that we serve only rBST-free milk? Filled with calcium, vitamin D, and protein, milk is full of the good stuff you need to grow strong bodies and minds.

*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>2</p>	<ul style="list-style-type: none"> <li>yogurt w/ granola</li> <li>cocoa critters cereal</li> </ul> <p>3</p>	<ul style="list-style-type: none"> <li>lemon muffin</li> <li>honey buttons cereal</li> <li>pineapple juice available</li> </ul> <p>4</p>	<ul style="list-style-type: none"> <li>cinnamon crumble</li> <li>snow flurries cereal</li> </ul> <p>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>6</p>
<b>N A T I O N A L S C H O O L L U N C H W E E K</b>				
<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>9</p>	<ul style="list-style-type: none"> <li>cinnamon crumble</li> <li>snow flurries cereal</li> </ul> <p>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>11</p>	<ul style="list-style-type: none"> <li>whole wheat bagel w/ cream cheese</li> <li>coca critters cereal</li> </ul> <p>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>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>16</p>	<ul style="list-style-type: none"> <li>yogurt w/granola</li> <li>coca critters cereal</li> </ul> <p>17</p>	<ul style="list-style-type: none"> <li>lemon muffin</li> <li>honey buttons cereal</li> <li>pineapple juice available</li> </ul> <p>18</p>	<ul style="list-style-type: none"> <li>cinnamon crumble</li> <li>snow flurries cereal</li> </ul> <p>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>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>23</p>	<ul style="list-style-type: none"> <li>cinnamon crumble</li> <li>snow flurries cereal</li> </ul> <p>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>25</p>	<ul style="list-style-type: none"> <li>whole wheat bagel w/ cream cheese</li> <li>cocoa critters cereal</li> </ul> <p>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>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>30</p>	<ul style="list-style-type: none"> <li>yogurt w/ granola</li> <li>coca critters cereal</li> </ul> <p>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.

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

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o Vegetable of the day

