

April

HARMONY DFW BREAKFAST

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|---|--|
| <ul style="list-style-type: none"> dipperdoodle bar assorted cereal <p style="text-align: right;">3</p> | <ul style="list-style-type: none"> banana muffin assorted cereal waffle sticks <p style="text-align: right;">4</p> | <ul style="list-style-type: none"> bagel w/ cream cheese assorted cereal buenos dias burrito <p style="text-align: right;">5</p> | <ul style="list-style-type: none"> blueberry muffin assorted cereal chicken chorizo & cheese english muffin <p style="text-align: right;">6</p> | NO SCHOOL 7 |
| <ul style="list-style-type: none"> NEW!! zee zees apple crisp bar assorted cereal <p style="text-align: right;">10</p> | <ul style="list-style-type: none"> granola & yogurt assorted cereal pancakes <p style="text-align: right;">11</p> | <ul style="list-style-type: none"> french toast muffin assorted cereal chicken sausage & cheese bagel <p style="text-align: right;">12</p> | <ul style="list-style-type: none"> cinnamon crumble assorted cereal cheesy bean burrito <p style="text-align: right;">13</p> | NO SCHOOL 14 |
| <ul style="list-style-type: none"> dipperdoodle bar assorted cereal <p style="text-align: right;">17</p> | <ul style="list-style-type: none"> banana muffin assorted cereal waffle sticks <p style="text-align: right;">18</p> | <ul style="list-style-type: none"> bagel w/ cream cheese assorted cereal buenos dias burrito <p style="text-align: right;">19</p> | <ul style="list-style-type: none"> blueberry muffin assorted cereal chicken chorizo & cheese english muffin <p style="text-align: right;">20</p> | <ul style="list-style-type: none"> cinnamon crumble assorted cereal omelet w/ cheese <p style="text-align: right;">21</p> |
| <ul style="list-style-type: none"> zee zees apple crisp bar assorted cereal <p style="text-align: right;">24</p> | <ul style="list-style-type: none"> granola & yogurt assorted cereal pancakes <p style="text-align: right;">25</p> | <ul style="list-style-type: none"> apple muffin assorted cereal chicken sausage & cheese bagel <p style="text-align: right;">26</p> | <ul style="list-style-type: none"> cinnamon crumble assorted cereal cheesy bean burrito <p style="text-align: right;">27</p> | <ul style="list-style-type: none"> lemon muffin assorted cereal cinnamon toast bagel <p style="text-align: right;">28</p> |

What's New?

Our NEW cream cheese is softer, tastier, and more spreadable than ever.

Try it with your bagel on April 5 or April 19!

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



April

HARMONY DFW LUNCH

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|---|---|
| <ul style="list-style-type: none"> chicken bites (DF) spicy chicken chorizo & egg bagel sandwich southwest veggie wrap (VG) steamed corn <p style="text-align: right;">3</p> | <ul style="list-style-type: none"> mac & cheese w/ chicken sausage lonestar chicken sandwich sunbutter & jelly (VG) green beans <p style="text-align: right;">4</p> | <ul style="list-style-type: none"> papa john's glazed carrots <p style="text-align: right;">5</p> | <ul style="list-style-type: none"> pancakes w/ omelet (VG) chicken taco trio mighty meaty deli combo broccoli <p style="text-align: right;">6</p> | <p>NO SCHOOL</p> <p style="text-align: right;">7</p> |
| <ul style="list-style-type: none"> cheese panada pie (VG) mac & cheese w/ chicken bites mighty meaty deli combo steamed carrots <p style="text-align: right;">10</p> | <ul style="list-style-type: none"> hot dog (DF) buffalo chicken crunchadilla taco dippers (VG) steamed corn <p style="text-align: right;">11</p> | <ul style="list-style-type: none"> papa john's green beans <p style="text-align: right;">12</p> | <ul style="list-style-type: none"> crispy chicken sandwich (DF) pancakes w/ chicken sausage sunbutter & jelly (VG) broccoli <p style="text-align: right;">13</p> | <p>NO SCHOOL</p> <p style="text-align: right;">14</p> |
| <ul style="list-style-type: none"> five cheese lasagna crispy chicken sandwich turkey & cheese sandwich steamed corn <p style="text-align: right;">17</p> | <ul style="list-style-type: none"> hot dog (DF) cheese ravioli (VG) mighty meaty deli combo green beans <p style="text-align: right;">18</p> | <ul style="list-style-type: none"> papa john's glazed carrots <p style="text-align: right;">19</p> | <ul style="list-style-type: none"> chicken bites (DF) creamy pasta alfredo (VG) chicken caesar salad broccoli <p style="text-align: right;">20</p> | <ul style="list-style-type: none"> pancakes w/ omelet (VG) pepperoni calzoni (VG) chicken salad sandwich (DF) black beans grape tomatoes with ranch <p style="text-align: right;">21</p> |
| <ul style="list-style-type: none"> cheese panada pie (VG) mac & cheese w/ chicken bites mighty meaty deli combo green beans <p style="text-align: right;">24</p> | <ul style="list-style-type: none"> chicken taco trio fiesta scoops (VG) sesame chicken wrap (DF) steamed corn <p style="text-align: right;">25</p> | <ul style="list-style-type: none"> papa john's glazed carrots <p style="text-align: right;">26</p> | <ul style="list-style-type: none"> spaghetti & meatballs (DF) crispy chicken sandwich (DF) sunbutter and jelly (VG) broccoli <p style="text-align: right;">27</p> | <ul style="list-style-type: none"> hot dog (DF) mac & cheese w/ bbq baked beans (VG) chicken caesar wrap pinto beans baby carrots <p style="text-align: right;">28</p> |

Did you know?

Revolution Foods serves fresh food made with real ingredients. There's a lot you won't find in our meals including:

- No artificial colors, flavors, or sweeteners.
- No high fructose corn syrup, MSG.
- No partially or fully hydrogenated fats or oils
 - No added nitrites/nitrates

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

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