

February

HARMONY COLD BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
		<ul style="list-style-type: none"> apple muffin assorted cereal 	<ul style="list-style-type: none"> cinnamon crumble assorted cereal 	<ul style="list-style-type: none"> lemon muffin assorted cereal
		1	2	3
<ul style="list-style-type: none"> strawberry zac bar assorted cereal 	<ul style="list-style-type: none"> banana muffin assorted cereal 	<ul style="list-style-type: none"> bagel w/ cream cheese assorted cereal 	<ul style="list-style-type: none"> blueberry muffin assorted cereal 	<ul style="list-style-type: none"> cinnamon crumble assorted cereal
6	7	8	9	10
<ul style="list-style-type: none"> dipperdoodle bar assorted cereal 	<ul style="list-style-type: none"> yogurt & granola assorted cereal 	<ul style="list-style-type: none"> apple muffin assorted cereal 	<ul style="list-style-type: none"> cinnamon crumble assorted cereal 	<ul style="list-style-type: none"> lemon muffin assorted cereal
13	14	15	16	17
<ul style="list-style-type: none"> strawberry zac bar assorted cereal 	<ul style="list-style-type: none"> banana muffin assorted cereal 	<ul style="list-style-type: none"> bagel w/ cream cheese assorted cereal 	<ul style="list-style-type: none"> blueberry muffin assorted cereal 	<ul style="list-style-type: none"> cinnamon crumble assorted cereal
20	21	22	23	24
<ul style="list-style-type: none"> dipperdoodle bar assorted cereal 	<ul style="list-style-type: none"> yogurt & granola assorted cereal 			
27	28			

Did You Know?

The average American eats 14 pounds of cereal every year? Grab a spoon and try our whole grain, lightly-sweetened **Honey Buttons, Snow Flurries, and Cocoa Critters** cereals.

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



February

HARMONY K-12 LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
		<ul style="list-style-type: none"> oven roasted chicken sandwich (DF) cheese pizza (VG) chicken pizza party salad broccoli florets 	<ul style="list-style-type: none"> cheese lasagna (VG) crispy chicken sandwich (DF) chicken salad sandwich (DF) seasoned corn 	<ul style="list-style-type: none"> cheesy chicken quesadilla hot dog (DF) sunbutter & jelly (VG) pinto beans and grape tomatoes
<ul style="list-style-type: none"> cheese enchiladas (VG) chicken bites (DF) turkey and cheese sandwich broccoli florets 	<ul style="list-style-type: none"> spaghetti & meatballs (DF) mac & cheese w/ chicken sausage southwest veggie wrap (VG) green beans 	<ul style="list-style-type: none"> hot dog (DF) cheese pizza (VG) garden ranch chicken salad glazed carrots 	<ul style="list-style-type: none"> chicken taco trio breakfast for lunch: pancakes w/ omelet (VG) honey mustard chicken wrap pinto beans and baby carrots 	<ul style="list-style-type: none"> cheese ravioli (VG) hamburger (DF) chicken caesar wrap seasoned corn
6	7	8	9	10
<ul style="list-style-type: none"> mac & cheese w/ chicken bites cheese pizza panada pie (VG) mighty meaty deli combo sandwich seasoned corn 	<ul style="list-style-type: none"> chicken taco trio NEW!! buffalo chicken crunchadilla southwest veggie wrap (VG) broccoli 	<ul style="list-style-type: none"> cheese pizza (VG) hot dog (DF) honey mustard chicken wrap glazed carrots 	<ul style="list-style-type: none"> hamburger (DF) bean and cheese quesadilla (VG) turkey and cheese sandwich charro beans and grape tomatoes 	<ul style="list-style-type: none"> breakfast for lunch: pancakes w/ chicken sausage crispy chicken sandwich (DF) sunbutter & jelly (VG) green beans
13	14	15	16	17
<ul style="list-style-type: none"> pepperoni calzoni (VG) chicken taco trio honey mustard chicken wrap broccoli 	<ul style="list-style-type: none"> hot dog (DF) cheese ravioli (VG) mighty meaty deli combo sandwich pinto beans and w/ baby carrots 	<ul style="list-style-type: none"> cheese pizza (VG) cheeseburger chicken caesar wrap green beans 	<ul style="list-style-type: none"> chicken bites (DF) pasta alfredo (VG) turkey and cheese sandwich glazed carrots 	<ul style="list-style-type: none"> lonestar chicken sandwich spaghetti marinara (VG) bbq chicken wrap seasoned corn
20	21	22	23	24
<ul style="list-style-type: none"> cheese pizza panada pie (VG) chicken sausage, egg and cheese bagel sandwich turkey and cheese sandwich glazed carrots 	<ul style="list-style-type: none"> firecracker chicken w/ sesame noodles chicken taco trio southwest veggie wrap (VG) green beans 			
27	28			

What's New?

February is crunch time! Get ready for the all **NEW Buffalo Chicken Crunchadilla**, a quesadilla with cheese and chicken served with Ranch Rumbles. Stuff your Rumbles directly inside to put the “crunch” in your “crunchadilla.”

Look for it on the menu on February 14!

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

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