

January

Harmony Cold Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
<p>No School</p> <p>2</p>	<ul style="list-style-type: none"> shelf stable: RF flurries, skeeter cinnamon grahams and raisins <p>3</p>	<ul style="list-style-type: none"> autumn spice muffin <p>4</p>	<ul style="list-style-type: none"> blueberry bagel w/ cream cheese <p>5</p>	<ul style="list-style-type: none"> lemon muffin <p>6</p>
<ul style="list-style-type: none"> strawberry zac omega bar assorted cereal <p>9</p>	<ul style="list-style-type: none"> french toast muffin assorted cereal <p>10</p>	<ul style="list-style-type: none"> bagel w/ cream cheese assorted cereal <p>11</p>	<ul style="list-style-type: none"> blueberry muffin assorted cereal <p>12</p>	<ul style="list-style-type: none"> cinnamon crumble assorted cereal <p>13</p>
<p>No School</p> <p>16</p>	<ul style="list-style-type: none"> skeeter cinn grahams and cinn rumbles assorted cereal <p>17</p>	<ul style="list-style-type: none"> cinnamon crumble assorted cereal <p>18</p>	<ul style="list-style-type: none"> blueberry bagel w/ cream cheese assorted cereal <p>19</p>	<ul style="list-style-type: none"> lemon muffin assorted cereal <p>20</p>
<ul style="list-style-type: none"> strawberry zac omega bar assorted cereal <p>23</p>	<ul style="list-style-type: none"> french toast muffin assorted cereal <p>24</p>	<ul style="list-style-type: none"> bagel w/ cream cheese assorted cereal <p>25</p>	<ul style="list-style-type: none"> blueberry muffin assorted cereal <p>26</p>	<ul style="list-style-type: none"> cinnamon crumble assorted cereal <p>27</p>
<ul style="list-style-type: none"> dipperdoodle bar assorted cereal <p>30</p>	<ul style="list-style-type: none"> yogurt & granola assorted cereal <p>31</p>			

What's New?

Resolve to eat breakfast this year! Studies show that students who eat breakfast at school perform better on tests and have improved concentration, alertness, comprehension, memory, and learning!

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



January

Harmony Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
NO SCHOOL 2	<ul style="list-style-type: none"> crispy chicken sandwich (DF) breakfast for lunch: pancakes w/ sausage cheese sandwich (VG) broccoli 3	<ul style="list-style-type: none"> cheese pizza (VG) cheeseburger turkey & cheese sandwich seasoned corn 4	<ul style="list-style-type: none"> chicken bites (DF) cheese pizza panada pie (VG) southwest veggie wrap (VG) sliced cucumber w/ ranch 5	<ul style="list-style-type: none"> kickin chicken melt sandwich cheese ravioli (VG) sunbutter & jelly sandwich (VG) glazed carrots 6
<ul style="list-style-type: none"> cheese pizza panada pie (VG) spicy egg & chorizo bagel sandwich turkey & cheese sandwich broccoli florets 9	<ul style="list-style-type: none"> spaghetti & meatballs (DF) mac & cheese w/ chicken sausage southwest veggie wrap (VG) coleslaw 10	<ul style="list-style-type: none"> cheese pizza (VG) oven roasted chicken sandwich (DF) chicken garden ranch salad baby carrots w/ ranch 11	<ul style="list-style-type: none"> chicken taco trio bbq chicken quesadilla sunbutter & jelly sandwich (VG) pinto beans and grape tomatoes 12	<ul style="list-style-type: none"> cheese ravioli (VG) kickin chicken parm pasta chicken caesar wrap seasoned corn 13
NO SCHOOL 16	<ul style="list-style-type: none"> chicken taco trio breakfast for lunch: pancakes w/ omelet (VG) chicken caesar salad broccoli 17	<ul style="list-style-type: none"> sloppy joe (DF) cheese pizza (VG) NEW!! mighty meaty deli combo sandwich seasoned corn 18	<ul style="list-style-type: none"> kickin chicken melt sandwich cheese tamale (VG) chicken caesar wrap charro beans and grape tomatoes 19	<ul style="list-style-type: none"> cheese lasagna (VG) crispy chicken sandwich (DF) sesame chicken wrap (DF) sliced cucumber w/ ranch 20
<ul style="list-style-type: none"> cheese pizza panada pie (VG) chicken potstickers (DF) chicken bites (DF) chicken salad sandwich (DF) green peas 23	<ul style="list-style-type: none"> breakfast for lunch: pancakes w/ chicken sausage spaghetti marinara (VG) mighty meaty deli combo sandwich pinto beans and grape tomatoes 24	<ul style="list-style-type: none"> buffalo chicken sandwich cheeseburger sunbutter & jelly sandwich (VG) coleslaw 25	<ul style="list-style-type: none"> hot dog (DF) cheese ravioli (VG) turkey & cheese sandwich baby carrots w/ ranch 26	<ul style="list-style-type: none"> firecracker chicken w/ sesame noodles pepperoni calzoni (VG) sesame chicken salad broccoli 27
<ul style="list-style-type: none"> egg & chicken sausage bagel sandwich mac & cheese w/ chicken bites southwest veggie wrap (VG) baby carrots w/ ranch 30	<ul style="list-style-type: none"> chicken taco trio pepperoni calzoni (VG) bbq chicken wrap coleslaw 31			

What's New?

It's mighty, it's meaty, and it's all new! The Mighty Meaty Deli Combo Sandwich features turkey ham, turkey salami, and mozzarella cheese on a Kaiser roll. No pork here!

Look for it on the menu on January 18th !

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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