

May

HARMONY LUNCH K-12

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> chicken bites (DF) cheese enchiladas (VG) turkey & cheese o steamed carrots <p style="text-align: right;">1</p>	<ul style="list-style-type: none"> spaghetti and meatballs (DF) mac & cheese w/ chicken sausage sunbutter & jelly (VG) o cucumber w/ ranch <p style="text-align: right;">2</p>	<ul style="list-style-type: none"> papa john's pizza o glazed carrots <p style="text-align: right;">3</p>	<ul style="list-style-type: none"> cheese ravioli (VG) hotdog (DF) mighty meaty deli combo o broccoli florets <p style="text-align: right;">4</p>	<ul style="list-style-type: none"> fiesta scoops (VG) chicken tamale sesame chicken wrap (DF) o black beans o grape tomatoes w/ranch <p style="text-align: right;">5</p>
<ul style="list-style-type: none"> cheese panada pie (VG) mac & cheese w/ chicken bites mighty meaty deli combo o steamed carrots <p style="text-align: right;">8</p>	<ul style="list-style-type: none"> hotdog (DF) buffalo chicken crunchadilla taco dippers (VG) o steamed corn <p style="text-align: right;">9</p>	<ul style="list-style-type: none"> papa john's pizza o green beans <p style="text-align: right;">10</p>	<ul style="list-style-type: none"> crispy chicken sandwich (DF) breakfast for lunch: pancakes w/ chicken sausage sunbutter & jelly (VG) o broccoli florets <p style="text-align: right;">11</p>	<ul style="list-style-type: none"> firecracker chicken pepperoni calzoni (VG) chicken salad sandwich (DF) o pinto beans o baby carrots w/ ranch <p style="text-align: right;">12</p>
<ul style="list-style-type: none"> cheese lasagna (VG) crispy chicken sandwich (DF) turkey & cheese o glazed carrots <p style="text-align: right;">15</p>	<ul style="list-style-type: none"> hotdog (DF) cheese ravioli (VG) sunbutter & jelly (VG) o green beans <p style="text-align: right;">16</p>	<ul style="list-style-type: none"> papa john's pizza o steamed corn <p style="text-align: right;">17</p>	<ul style="list-style-type: none"> chicken bites (DF) pasta alfredo (VG) mighty meaty deli combo o broccoli florets <p style="text-align: right;">18</p>	<ul style="list-style-type: none"> breakfast for lunch: pancakes w/ omelet (VG) pepperoni calzoni (VG) chicken salad sandwich (DF) o edamame o grape tomatoes w/ ranch <p style="text-align: right;">19</p>
<ul style="list-style-type: none"> cheese pizza panada pie (VG) mac & cheese w/ chicken bites mighty meaty deli combo o green beans <p style="text-align: right;">22</p>	<ul style="list-style-type: none"> chicken taco trio fiesta scoops (VG) sesame chicken wrap (DF) o steamed corn <p style="text-align: right;">23</p>	<ul style="list-style-type: none"> papa john's pizza o side salad w/ ranch <p style="text-align: right;">24</p>	<ul style="list-style-type: none"> breakfast for lunch: pancakes w/ chicken sausage crispy chicken sandwich (DF) sunbutter & jelly (VG) o glazed carrots <p style="text-align: right;">25</p>	<p style="text-align: right;">26</p>
<p style="text-align: right;">29</p>	<p style="text-align: right;">30</p>	<p style="text-align: right;">31</p>		

cinco de mayo!

In Mexico, tamales are traditionally served to celebrate holidays or special occasions

Our **new Mama's Tamales** come in two flavors: red chile chicken and mild green chile & cheese. Both are prepared traditionally and individually hand wrapped in a corn husk before being steamed.

Look for tamales on the menu on Cinco de Mayo! (That's May 5th)

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

This institution is an equal opportunity provider.

