

PREFERRED MEALS

September LUNCH

HARMONY SCHOOL OF INNOVATION LAREDO

Monday	Tuesday	Wednesday	Thursday	Friday
August 28, 2017	August 29, 2017	August 30, 2017	August 31, 2017	September 1, 2017
				POPCORN CHICKEN Tropical Veggie Juice Diced Peaches BBQ Sauce Choice of Milk
September 4, 2017	September 5, 2017	September 6, 2017	September 7, 2017	September 8, 2017
NO SCHOOL	*NATIONAL CHEESE PIZZA DAY! CHEESE PIZZA Garden Vegetables Orange Sorbet 100% Juice Choice of Milk	MINI CORN DOGS & CHICKEN FUN MIX French Fries Diced Pears Ketchup BBQ Sauce Choice of Milk	*AROUND THE WORLD DAY* SWEET & SOUR MEATBALLS W/PINEAPPLE BROCCOLI & BROWN RICE Whole Kernel Corn Sliced Apples Choice of Milk	CRISPY CHICKEN FILLET Hamburger Bun Taco Beans Fresh Baby Carrots Fat Free Ranch Dressing Fresh Banana BBQ Sauce Choice of Milk
September 11, 2017	September 12, 2017	September 13, 2017	September 14, 2017	September 15, 2017
CHICKEN DIPPERS W/TOMATO PARMESAN SAUCE Green Beans Diced Peaches Choice of Milk	*BREAKFAST FOR LUNCH* PANCAKES & SAUSAGE Tropical Veggie Juice Applesauce Cup Syrup Ketchup Choice of Milk	PEPPERONI PIZZA Romaine Lettuce Light Ranch Dressing Mixed Fruit Cup Choice of Milk	MACARONI & CHEESE Mixed Vegetables Fresh Pear Choice of Milk	*FRESH FEATURE FRIDAY* CHARBROILED HAMBURGER Hamburger Bun Taco Beans Green Pepper Strips Light Ranch Dressing Fresh Orange Ketchup Choice of Milk
September 18, 2017	September 19, 2017	September 20, 2017	September 21, 2017	September 22, 2017
CHICKEN TENDERS W/SWEET POTATO PUFFS Whole Kernel Corn Applesauce Cup BBQ Sauce Ketchup Choice of Milk	HOT DOG W/ POTATO ROUNDS Hot Dog Bun Taco Beans Diced Peaches Mustard Ketchup Choice of Milk	BBQ CHICKEN Hamburger Bun Diced Carrots Diced Pears Choice of Milk	SAUSAGE PIZZA Romaine Lettuce Light Ranch Dressing Sliced Apples Choice of Milk	*NEW ITEM* MEATLOAF PANINI Mixed Vegetables Fresh Banana Ketchup Choice of Milk
September 25, 2017	September 26, 2017	September 27, 2017	September 28, 2017	September 29, 2017
MEATLESS MONDAY** PIZZA DIPPERS Marinara Dipping Sauce Garden Vegetables Orange Juice Choice of Milk	CHICKEN QUESO BURRITO Salsa Cup Refried Beans Pineapple Tidbits Choice of Milk	*NEW ITEM* TURKEY BURGER WITH POTATO WEDGES Hamburger Bun Whole Kernel Corn Fresh Banana Ketchup Chipotle Ranch Choice of Milk	*MAKE YOUR OWN SALAD DAY* POPCORN CHICKEN Romaine Lettuce Cucumbers Light Ranch Dressing Applesauce Cup Choice of Milk	PENNE PASTA W/MEAT SAUCE Green Beans Fresh Pear Chocolate Chip Minis Choice of Milk

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK. ** MENU SUBJECT TO CHANGE **

^ Denotes item is whole-grain/whole wheat

*** This institution is an equal opportunity provider.



NEW SCHOOL YEAR, NEW MENU!!!

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