

# Harmony School of Excellence- Breakfast

# OCT

## MENU 2022

### GEAR UP FOR SWIM CLASS



#### ANNOUNCEMENTS:

- Please complete lunch application
- Visit [Schoolcafe.com](http://Schoolcafe.com)
- District- Harmony PS- WEST Texas

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

3

Concha  
White or Chocolate  
Fruit/ Juice  
Milk

4

Egg w/Turkey Bacon  
1 Flour Tortilla  
Banana Fresh  
Juice/Milk

5

Pancakes  
Fruit  
Juice  
Milk

6

Yogurt  
Granola  
Fruit/Juice  
Milk

7

Cold Cereal  
Cracker  
Banana Fresh  
Juice  
Milk

10

Columbus Day

11

Muffin  
Cracker  
Banana Fresh  
Juice/Milk

12

Rice Pudding  
Toasted Bread  
Fruit/Juice  
Milk

13

Waffles  
Syrup  
Fruit/Juice  
Milk

14

Cold Cereal  
Banana Fresh  
Juice  
Milk

17

Oatmeal  
Toasted Bread  
Fruit/Juice  
Milk

18

Yogurt  
Granola  
Banana Fresh  
Juice/Milk

19

Egg w/Chorizo  
2 WW Bread  
Fruit/Juice  
Milk

20

Waffles  
Syrup  
Fruit/Juice  
Milk

21

Concha  
White or Chocolate  
Banana Fresh  
Fruit/ Milk

24

Muffin  
Cracker  
Fruit/Juice  
Milk

25

Pancakes  
Banana Fresh  
Juice  
Milk

26

Oatmeal  
Toasted Bread  
Fruit/Juice  
Milk

27

Bean Molletes  
Fruit  
Juice  
Milk

28

Cold Cereal  
Cracker  
Banana Fresh  
Juice  
Milk

31

Student Holiday



Food and Nutrition Division  
National School Lunch Program



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**

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Updated 10/1/2022  
[www.SquareMeals.org](http://www.SquareMeals.org)

# Harmony School of Excellence- Lunch

# OCT

## MENU 2022

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## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

3  
Spaghetti w/Meatballs  
Tossed Salad  
WW Bread  
Fruit  
Milk

4  
Chicken Nuggets  
Mac & Cheese  
Baby Carrots  
Ketchup  
Fruit/ Milk

5  
Corn Dog  
French Fries  
Steamed Corn  
2 Ketchup  
Fruit/ Milk

6  
Chicken Fajitas  
White Rice  
Steamed Broccoli  
Corn Chips  
Fruit/ Milk

7  
Supreme Nachos  
W/Beef & Beans  
Tossed Salad  
Salsa  
Fruit/Milk

10  
Columbus Day

11  
Cheeseburger  
French Fries  
Romaine & Tomato  
Mayo, Mustard, Ketchup  
Fruit/ Milk

12  
Hot Dogs  
Chili Beans  
Baby Carrots  
Mustard, Ketchup  
Fruit/ Milk

13  
Chicken Fingers  
Mixed Veggies  
WW Bread Ketchup  
Fruit  
Milk

14  
Peperoni Pizza  
Tossed Salad  
Ranch Dressing  
Fruit  
Milk

17  
Chicken Fajitas  
White Rice  
Steamed Broccoli  
Corn Chips  
Fruit/ Milk

18  
Spaguetti w/Meatballs  
Tossed Salad  
WW Bread  
Fruit  
Milk

19  
Turkey Ham & Cheese  
Sandwich  
Baby Carrots  
Chips  
Fruit/Milk

20  
Chicken Nuggets  
French Fries  
Cucumber  
2 Ketchup  
Fruit/ Milk

21  
Supreme Nachos  
W/Beef & Beans  
Tossed Salad  
Salsa  
Fruit/Milk

24  
Hot Dogs  
Chili Beans  
Cucumber  
Mustard, Ketchup  
Fruit/Milk

25  
Cheeseburger  
French Fries  
Romaine & Tomato  
Mayo, Mustard, Ketchup  
Fruit/ Milk

26  
Chicken Fingers  
Baby Carrots  
Mac & Cheese  
Ketchup  
Fruit  
Milk

27  
Picadillo Stew  
Mexican Rice  
Salad  
Corn Chips  
Fruit/ Milk

28  
Peperoni Pizza  
Tossed Salad  
Ranch Dressing  
Fruit  
Milk

31  
Student Holiday



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