

# Harmony School of Excellence- Breakfast

# SEPT

## MENU 2022

### GEAR UP FOR DANCE



#### ANNOUNCEMENTS:

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

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

5

Labor Day

6

Egg w/Chorizo  
2 WW Bread  
Banana Fresh  
Juice/Milk

7

Waffles  
Syrup  
Fruit/Juice  
Milk

8

Yogurt  
Granola  
Fruit/Juice  
Milk

9

Cold Cereal  
Banana Fresh  
Juice  
Milk

12

Turkey Sausage  
2 WW Bread  
Fruit/Juice  
Milk

13

Oatmeal  
Toasted Bread  
Banana Fresh  
Juice/Milk

14

Yogurt  
Granola  
Fruit/Juice  
Milk

15

Egg w/Chorizo  
2 WW Bread  
Fruit/Juice  
Milk

16

No School

19

Student Holiday

20

Egg w/Turkey  
2 WW Bread  
Banana Fresh  
Juice/Milk

21

Pancakes  
Fruit  
Juice  
Milk

22

Grilled Cheese w/Ham  
WW Bread  
Fruit/Juice/Milk

23

Concha  
White or Chocolate  
Fruit/ Juice  
Milk

26

Egg w/Chorizo  
2 WW Bread  
Banana Fresh  
Juice/Milk

27

Yogurt  
Granola  
Banana Fresh  
Juice/Milk

28

Oatmeal  
Toasted Bread  
Fruit  
Juice/Milk

29

Waffles  
Syrup  
Fruit/Juice  
Milk

30

Cold Cereal  
Banana Fresh  
Juice  
Milk



Food and Nutrition Division  
National School Lunch Program



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**

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Updated 9/1/2022  
[www.SquareMeals.org](http://www.SquareMeals.org)

# Harmony School of Excellence- Lunch

# SEPT

## MENU 2022

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## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

5  
Labor Day

6  
Chicken Alfredo  
Penne Pasta  
Romaine Salad  
WW Bread  
Fruit/Milk

7  
Picadillo Stew  
Mexican Rice  
Mixed Veggies  
Corn Chips  
Fruit/ Milk

1  
Hot Dogs  
Chili Beans  
Cucumber  
Mustard, Ketchup  
Fruit/Milk

2  
Peperoni Pizza  
Tossed Salad  
Ranch Dressing  
Fruit  
Milk

12  
Cheeseburger  
French Fries  
Romaine & Tomato  
Mayo, Mustard, Ketchup  
Fruit/ Milk

13  
Popcorn Chicken  
Baby Carrots  
Mashed Potatoes  
WW Bread  
Ketchup  
Fruit/ Milk

14  
Pasta Casserole  
Steamed Corn  
WW Bread  
Fruit  
Milk

15  
Chicken Teriyaki  
White Rice  
Steamed Corn  
Corn Chips  
Fruit/Milk

16  
No School

19  
Student Holiday

20  
Chicken Burger  
French Fries  
Romaine & Tomato  
Mayo, Ketchup  
Fruit/ Milk

21  
Meatballs  
White Rice  
Mixed Veggies  
Corn Chips  
Fruit/ Milk

22  
Chicken Fingers  
Steamed Corn  
WW Bread  
Ketchup  
Fruit/ Milk

23  
Supreme Nachos  
W/Beef & Beans  
Tossed Salad  
Salsa  
Fruit/Milk

26  
Corn Dog  
French Fries  
Baby Carrots  
2 Ketchup  
Fruit/ Milk

27  
Chicken Alfredo  
Penne Pasta  
Peas & Carrots  
WW Bread  
Fruit/Milk

28  
Cheeseburger  
French Fries  
Romaine & Tomato  
Mayo, Mustard, Ketchup  
Fruit/ Milk

29  
Tostadas Tapatias  
Beans & Cheese  
Mexican Rice  
Lettuce, Tomato Salsa  
Fruit/ Milk

30  
Peperoni Pizza  
Tossed Salad  
Ranch Dressing  
Fruit  
Milk



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