

# Harmony School of Excellence- Breakfast

# FEB

## MENU 2023

GEAR UP FOR  
**TRACK  
& FIELD**



ANNOUNCEMENTS:

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

1

Muffin / Cereal  
Cracker  
Fruit  
Juice/Milk

2

Pancakes / Cereal  
Fruit  
Juice  
Milk

3

Cold Cereal / Muffin  
Cracker  
Banana Fresh  
Juice/Milk

6

Yogurt / Cereal  
Granola  
Fruit  
Juice/Milk

7

Waffles / Cereal  
Syrup  
Banana Fresh  
Juice/Milk

8

Rice Pudding / Cereal  
Toasted Bread  
Fruit  
Juice/Milk

9

Egg w/Turkey Bacon /  
Cereal  
2 WW Bread  
Fruit  
Juice/Milk

10

Cold Cereal / Muffin  
Cracker  
Banana Fresh  
Juice/Milk

13

Oatmeal / Cereal  
Toasted Bread  
Banana Fresh  
Juice/Milk

14

Muffin / Cereal  
Cracker  
Banana Fresh  
Juice/Milk

15

Beans Mollete / Cereal  
Fruit  
Juice / Milk

16

Concha White or  
Chocolate / Cereal  
Fruit  
Juice/Milk

17

No School

20

Presidents' Day

21

Yogurt / Cereal  
Granola  
Fruit  
Juice/Milk

22

Muffin / Cereal  
Cracker  
Fruit  
Juice/Milk

23

Egg w/Chorizo / Cereal  
2 WW Bread  
Fruit  
Juice/Milk

24

Cold Cereal / Muffin  
Cracker  
Banana Fresh  
Juice/Milk

27

Concha White or  
Chocolate / Cereal  
Fruit  
Juice/Milk

28

Beans Mollete / Cereal  
Banana Fresh  
Juice / Milk



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**

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Food and Nutrition Division  
National School Lunch Program



Updated 2/1/2023  
www.SquareMeals.org

# Harmony School of Excellence- Lunch

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

# FEB

## MENU 2023

### GEAR UP FOR TRACK & FIELD



### ANNOUNCEMENTS:

- TBD

1  
Spaghetti w/Meatballs /  
Popcorn Chicken  
Steamed Carrot  
WW Bread  
Fruit  
Milk

2  
Corn Dog / Chicken Patty  
spicy  
French Fries  
Steamed Broccoli  
2 Ketchup  
Fruit/Milk

3  
Supreme Nachos / Crispy  
Taco  
W/Beef & Beans  
Tossed Salad  
Salsa  
Fruit/Milk

6  
Hot Dogs / Meatballs  
Sandwich  
Chili Beans 1/2C  
Steamed Carrots 1/4C  
Mustard, Ketchup  
Fruit /Milk

7  
Chicken Fingers / Chicken  
Fajitas California  
Blend Veggies 1/2C  
Steamed Broccoli 1/4C  
Macaroni Salad / WW Bread  
Ketchup  
Fruit/Milk

8  
Cheeseburger / Turkey Ham &  
Cheese Sandwich  
French Fries 1/4C  
Romaine 1/2C Tomato 1/4C  
Mayo, Mustard, Ketchup  
Fruit/ Milk

9  
Chicken Nuggets / Meatballs  
Mac & Cheese / WW Bread  
Steamed Corn 1/4C  
Peas & Carrots 1/2C  
Ketchup  
Fruit/ Milk

10  
Peperoni Pizza / Popcorn  
Chicken/ WW Bread  
Tossed Salad 1/2C  
Baby Carrots 1/4C Ranch  
Dressing  
Fruit / Milk

13  
Corn Dog / Chicken Patty  
(Spicy) French Fries  
California Blend  
2 Ketchup  
Fruit/Milk

14  
Chicken Fajitas / Chicken  
Nuggets  
White Rice  
Steamed Broccoli  
Corn Chips  
Fruit/ Milk

15  
Beans Tapatias w/Cheese /  
Beans & cheese Burrito  
Mexican Rice  
Lettuce & Tomato  
Salsa  
Fruit/Milk

16  
Turkey Ham & cheese  
Sandwich/ Popcorn Chicken  
Baby Carrots  
Chips  
Fruit/ Milk

17  
No School

20  
Presidents' Day

21  
Hot Dogs / Meatballs  
Sandwich  
Chili Beans  
Steamed Carrots  
Mustard, Ketchup  
Fruit /Milk

22  
Picadillo Stew / Chicken  
Fajitas  
Mexican Rice  
Cucumber  
Corn Chips  
Fruit/ Milk

23  
Corn Dog / Chicken Patty  
Spicy  
French Fries  
Baby Carrots  
2 Ketchup  
Fruit/Milk

24  
Peperoni Pizza / Turkey Ham  
& Cheese Sandwich  
Tossed Salad  
Ranch Dressing  
Fruit  
Milk

27  
Cheeseburger / Turkey Ham  
& cheese Sandwich  
French Fries  
Romaine & Tomato  
Mayo, Mustard, Ketchup  
Fruit/ Milk

28  
Chicken Nuggets / Corn Dog  
Mac & Cheese  
Steamed Corn  
Ketchup  
Fruit/ Milk



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