

# Harmony School of Excellence- Breakfast

# APR

**MENU 2023**

GEAR UP FOR  
**BASKETBALL**



**ANNOUNCEMENTS:**

## MONDAY

3

Yogurt / Cereal  
Granola  
Fruit  
Juice/Milk

10

Waffles  
Syrup  
Fruit  
Juice/Milk

17

Yogurt / Cereal  
Granola  
Fruit  
Juice/Milk

24

Waffles  
Syrup  
Fruit  
Juice/Milk

## TUESDAY

4

Oatmeal / Cereal  
Toasted Bread  
Banana Fresh  
Juice/Milk

11

Beans Mollete / Cereal  
Banana Fresh  
Juice  
Milk

18

Oatmeal / Cereal  
Toasted Bread  
Banana Fresh  
Juice/Milk

25

Yogurt / Cereal  
Granola  
Banana Fresh  
Juice/Milk

## WEDNESDAY

5

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

12

Rice Pudding / Cereal  
Toasted Bread  
Fruit  
Juice/Milk

19

Pancakes / Cereal  
Fruit  
Juice  
Milk

26

Muffin / Cereal  
Cracker  
Fruit  
Juice/Milk

## THURSDAY

6

Muffin / Cereal  
Cracker  
Fruit  
Juice/Milk

13

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

20

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

27

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

## FRIDAY

7

Student Holiday

14

Cold Cereal / Muffin  
Cracker  
Banana Fresh  
Juice/Milk

21

Cold Cereal / Muffin  
Cracker  
Banana Fresh  
Juice/Milk

28

Cold Cereal / Muffin  
Cracker  
Banana Fresh  
Juice/Milk



Food and Nutrition Division  
National School Lunch Program



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**

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www.SquareMeals.org

# Harmony School of Excellence- Lunch

# APR

**MENU 2023**

**GEAR UP FOR BASKETBALL**



**ANNOUNCEMENTS:**

## MONDAY

**3**  
Hot Dogs  
Chili Beans  
Steamed Corn  
Mustard, Ketchup  
Fruit  
Milk

**10** Corn Dog  
French Fries  
California Blend V  
2 Ketchup  
Fruit  
Milk

**17**  
Cheeseburger  
French Fries  
Green Salad  
Mayo, Mustard, Ketchup  
Fruit  
Milk

**24**  
Discada Tacos  
Mexican Rice  
Lettuce & Tomato Salad  
Fruit  
Milk

## TUESDAY

**4**  
Spaghetti w/Meatballs  
Green Beans  
Baby Carrots  
WW Bread  
Fruit  
Milk

**11**  
Meatballs Sandwich  
Steam Carrots  
Ranch dressing  
Fruit  
Milk

**18**  
Chicken Nuggets  
Mac & Cheese  
Neapolitan Sauce  
Steamed Broccoli  
Peas & Carrots  
Fruit/ Milk

**25**  
BBQ Chicken  
California Blend Veggies  
Mashed Potatoes  
WW Bread  
Fruit  
Milk

## WEDNESDAY

**5**  
Chicken Nuggets w Ketchup  
Mac & cheese  
Steamed Broccoli  
Carrots & Peas  
Fruit  
Milk

**12**  
Cheeseburger  
French Fries  
Green Salad  
Mayo, Mustard, Ketchup  
Fruit  
Milk

**19**  
Picadillo Stew  
Mexican Rice  
Green Salad  
Corn Chips  
Fruit  
Milk

**26**  
Spaghetti w Meat sauce  
Steamed Broccoli  
WW Bread  
Fruit  
Milk

## THURSDAY

**6**  
Chicken Patti  
Tomato Sauce Pasta  
Mixed Veggies  
Ketchup  
Fruit  
Milk

**13**  
Chicken Teriyaki  
Fried Rice  
Steamed Broccoli  
Corn Chips  
Fruit  
Milk

**20**  
Chicken Fingers  
California Blend Veggies  
Macaroni Salad  
Ketchup  
Fruit  
Milk

**27**  
Beans Tapatias w Cheese  
Mexican Rice  
Lettuce & Tomato  
Salsa  
Fruit  
Milk

## FRIDAY

**7**  
No School

**14**  
Peperoni Pizza  
Tossed Salad  
Ranch Dressing  
Fruit  
Milk

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

**28**  
Peperoni Pizza  
Tossed Salad  
Baby Carrots  
Ranch Dressing  
Fruit  
Milk



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