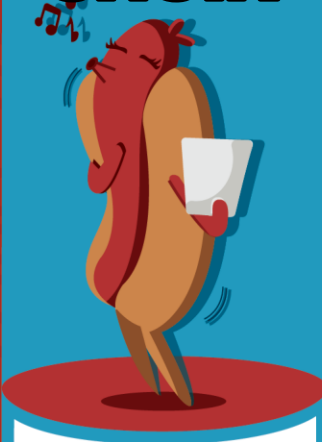


Harmony School of Excellence- Breakfast

MAR

MENU 2023

GEAR UP FOR CHOIR



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1
Muffin / Cereal
Cracker
Fruit
Juice/Milk

6
Yogurt / Cereal
Granola
Fruit
Juice/Milk

13
Spring Break

20
Oatmeal / Cereal
Toasted Bread
Fruit
Juice/Milk

27
Concha White or
Chocolate / Cereal
Fruit
Juice/Milk

7
Egg w/Turkey Bacon /
Cereal
2 WW Bread
Banana Fresh
Juice/Milk

14
Spring Break

21
Yogurt / Cereal
Granola
Banana Fresh
Juice/Milk

28
Beans Mollete / Cereal
Banana Fresh
Juice / Milk

8
Oatmeal / Cereal
Toasted Bread
Fruit
Juice/Milk

15
Spring Break

22
Muffin / Cereal
Cracker
Fruit
Juice/Milk

29
Rice Pudding / Cereal
Toasted Bread
Fruit
Juice/Milk

2
Pancakes / Cereal
Fruit
Juice
Milk

9
Muffin / Cereal
Cracker
Fruit
Juice/Milk

16
Spring Break

23
Egg w/Chorizo / Cereal
2 WW Bread
Fruit
Juice/Milk

30
Egg w/Turkey Bacon /
Cereal
2 WW Bread
Fruit
Juice/Milk

3
Cold Cereal / Muffin
Cracker
Banana Fresh
Juice/Milk

10
Student Holiday

17
Spring Break

24
Cold Cereal / Muffin
Cracker
Banana Fresh
Juice/Milk

31
Cold Cereal / Muffin
Cracker
Banana Fresh
Juice/Milk



Food and Nutrition Division
National School Lunch Program



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

This product was funded by USDA.
This institution is an equal opportunity provider.



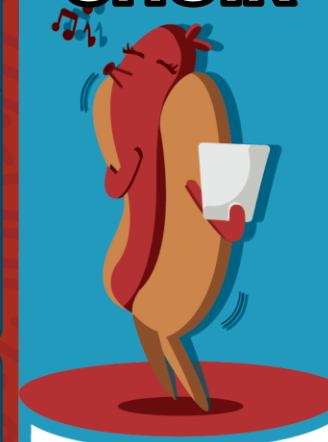
Updated 3/1/2023
www.SquareMeals.org

Harmony School of Excellence- Lunch

MAR

MENU 2023

GEAR UP FOR CHOIR



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1
Beans Tapatias w/Cheese /
Beans & cheese Burrito
Mexican Rice
Lettuce & Tomato
Salsa
Fruit/Milk

2
Chicken Fingers / Barbecued
Chicken
California Blend Veggies
Steamed Broccoli
Macaroni Salad / WW Bread
Fruit/Milk/Ketchup
Fruit/Milk

3
Peperoni Pizza / Turkey Ham
& Cheese Sandwich
Tossed Salad
Peas & Carrots
Ranch Dressing
Fruit
Milk

6
Hot Dogs / Meatballs
Sandwich
Chili Beans
Steamed Corn
Mustard, Ketchup
Fruit /Milk

7
Spaghetti w/Meatballs /
Popcorn Chicken
Green Beans
Baby Carrots
WW Bread
Fruit / Milk

8
Chicken Nuggets
White Rice
Steamed Broccoli
Carrots & Peas
Corn Chips
Fruit/ Milk

9
Chicken Patti/ Turkey Ham &
Cheese Sandwich
Tomato Sauce Pasta
Mixed Veggies
Ketchup
Fruit / Mix

10
Student Holiday

13
Spring Break

14
Spring Break

15
Spring Break

16
Spring Break

17
Spring Break

20
Corn Dog / Chicken Patty
French Fries
California Blend V
2 Ketchup
Fruit/Milk

21
Chicken Nuggets / Meatballs
Mac & Cheese / WW Bread
Peas & Carrots
Ketchup
Fruit/ Milk

22
Picadillo Stew / Meatballs
Mexican Rice
Steamed Broccoli
Corn Chips
Fruit/ Milk

23
Turkey Ham & cheese
Sandwich/ Popcorn Chicken
Baby Carrots
Chips
Fruit/ Milk

24
Supreme Nachos / Crispy
Taco
W/Beef & Beans
Tossed Salad
Salsa
Fruit/Milk

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

28
Chicken Fajitas / Chicken
Nuggets
White Rice
Steamed Broccoli
Steamed Corn
Corn Chips
Fruit/ Milk

29
Beans Tapatias w/Cheese /
Beans & cheese Burrito
Mexican Rice
Lettuce & Tomato
Salsa
Fruit/Milk

30
Chicken Fingers
/ Chicken Fajitas
California Blend Veggies
Lettuce & Tomato
Macaroni Salad / WW Bread
Fruit/Milk/Ketchup
Fruit/Milk

31
Peperoni Pizza / Turkey Ham
& Cheese Sandwich
Tossed Salad
Baby Carrots Ranch
Dressing
Fruit
Milk



Food and Nutrition Division
National School Lunch Program



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

This product was funded by USDA.
This institution is an equal opportunity provider.



Updated 3/1/2023
www.SquareMeals.org