

# Harmony School of Excellence- Breakfast

# MAY

## MENU 2023

### GEAR UP FOR SCIENCE



ANNOUNCEMENTS:

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

**1**  
Honey Bun/ Cereal  
Fruit  
Juice  
Milk

**2**  
Oatmeal / Cereal  
Toasted Bread  
Banana Fresh  
Juice  
Milk

**3**  
Egg w/Chorizo /  
Cereal  
2 WW Bread  
Fruit  
Juice/Milk

**4**  
Potatoe & Cheese  
Burrito / Cereal  
Fruit  
Juice  
Milk

**5**  
Cold Cereal / Muffin  
Cracker  
Banana Fresh  
Juice/Milk

**8**  
Waffles / Cereal  
Syrup  
Fruit  
Juice/Milk

**9**  
French Toast / Cereal  
Banana Fresh  
Juice  
Milk

**10**  
Honey Bun/ Cereal  
Fruit  
Juice  
Milk

**11**  
Egg Pizza / Cereal  
Fruit  
Juice  
Milk

**12**  
Cold Cereal / Muffin  
Cracker  
Banana Fresh  
Juice/Milk

**15**  
Oatmeal / Cereal  
Toasted Bread  
Fruit  
Juice / Milk

**16**  
Yogurt / Cereal  
Granola  
Banana Fresh  
Juice/Milk

**17**  
Waffles / Cereal  
Syrup  
Fruit  
Juice/Milk

**18**  
Egg w/Chorizo / Cereal  
2 WW Bread  
Fruit  
Juice/Milk

**19**  
Cold Cereal / Muffin  
Cracker  
Banana Fresh  
Juice/Milk

**22**  
Honey Bun/ Cereal  
Fruit  
Juice  
Milk

**23**  
Pancakes/ Cereal  
Banana Fresh  
Juice  
Milk

**24**  
Cold Cereal / Muffin  
Cracker  
Fruit  
Juice/Milk

**25**  
Egg w/Turkey Bacon /  
Cereal  
2 WW Bread  
Fruit  
Juice/Milk

**26**  
Beans & Cheese  
Burrito /Cereal  
Banana Fresh  
Juice  
Milk



Food and Nutrition Division  
National School Lunch Program



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**

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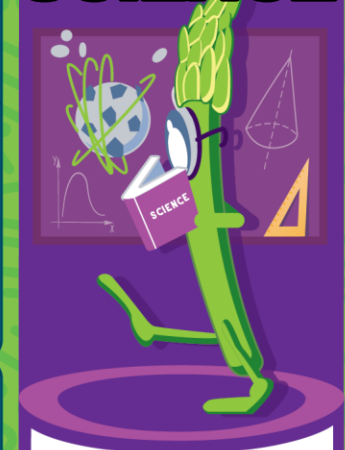
Updated 5/1/2023  
www.SquareMeals.org

# Harmony School of Excellence- Lunch

# MAY

## MENU 2023

## GEAR UP FOR SCIENCE



### ANNOUNCEMENTS:

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

**1**  
Chicken Nuggets, Ketchup  
Mac & Cheese  
Mixed Veggies  
Cucumber  
Fruit  
Milk

**2**  
Spicy Chicken Patti Sandwich  
French Fries  
Baby Carrots  
Fruit  
Milk

**3**  
Picadillo Stew  
Mexican Rice  
Broccoli  
Corn Chips  
Fruit  
Milk

**4**  
Cheeseburger  
French Fries  
Green Salad  
Mayo, Mustard, Ketchup  
Fruit  
Milk

**5**  
Supreme Nachos  
W/Beef & Beans  
Tossed Salad  
Salsa  
Fruit  
Milk

**8**  
Corn Dog  
French Fries  
Lettuce & Tomato  
2 Ketchup  
Fruit  
Milk

**9**  
Chicken Fingers, Ketchup  
Green Beans  
Baby Carrots  
Macaroni Salad  
Fruit  
Milk

**10**  
Beans Tapatias w/Cheese  
Mexican Rice  
Lettuce & Tomato  
Salsa  
Fruit  
Milk

**11**  
Chicken Teriyaki  
White Rice  
Broccoli  
Baby Carrots  
Corn Chips  
Fruit  
Milk

**12**  
Peperoni Pizza  
Tossed Salad  
Baby Carrots Ranch  
Dressing  
Fruit  
Milk

**15**  
Cheeseburger  
French Fries  
Green Salad  
Mayo, Mustard, Ketchup  
Fruit  
Milk

**16**  
BBQ Chicken  
California Blend Veggies  
Steamed Carrots  
WW Bread  
Fruit  
Milk

**17**  
Discada Tacos  
Mexican Rice  
Lettuce & Tomato Salad  
Fruit  
Milk

**18**  
Chicken Nuggets, Ketchup  
Mac & Cheese  
Broccoli  
Baby Carrots  
Fruit  
Milk

**19**  
Supreme Nachos  
W/Beef & Beans  
Tossed Salad  
Salsa Fruit  
Milk

**22**  
Hot Dogs  
Chili Beans  
Steamed Corn  
Mustard, Ketchup  
Fruit  
Milk

**23**  
Spicy Chicken Patti Sandwich  
French Fries  
Baby Carrots  
Ketchup  
Fruit  
Milk

**24**  
Spaghetti w Meat Sauce  
Carrots  
Lettuce & Tomato  
WW Bread  
Fruit  
Milk

**25**  
Popcorn Chicken  
Mashed Potato  
Steamed Corn  
Dinner Roll  
Ketchup  
Fruit/ Milk

**26**  
Peperoni Pizza  
Tossed Salad  
Cucumber  
Ranch Dressing  
Fruit  
Milk



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