



**April 2025** | Harmony Elementary | **Lunch Menu** | **24-25 K-8 Lunch**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>31</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
Week 1 Monday	Week 1 Tuesday	Week 1 Wednesday	Week 1 Thursday	Week 1 Friday
<b>MAIN ENTREE</b>	<b>MAIN ENTREE</b>	<b>MAIN ENTREE</b>	<b>MAIN ENTREE</b>	<b>MAIN ENTREE</b>
Tuna fish sandwich	Shredded chicken tacos	Sweet and sour pork, USDA recipe, 6 oz spoodle serving	Baked Penne Pasta (SFR recipe)	Cheese pizza, housemade
<b>MEAT/MEAT ALTERNATIVE</b>	<b>MEAT/MEAT ALTERNATIVE</b>	<b>MEAT/MEAT ALTERNATIVE</b>	<b>MEAT/MEAT ALTERNATIVE</b>	<b>MEAT/MEAT ALTERNATIVE</b>
Cheddar cheese, shredded, 1 oz	Cheddar cheese, shredded, 1 oz	Cheddar cheese, shredded, 1 oz	Cheddar cheese, shredded, 2 oz	Cheddar cheese, shredded, 1 oz
<b>VEGETABLE</b>	<b>GRAIN</b>	<b>GRAIN</b>	<b>VEGETABLE</b>	<b>VEGETABLE</b>
Baked potato, russet, 70 ct, .75 C starchy	Brown Rice	Brown Rice	Baked potato, russet, 70 ct, .75 C starchy	Baked potato, russet, 70 ct, .75 C starchy
Carrot, baby	<b>VEGETABLE</b>	<b>VEGETABLE</b>	Carrot, baby	Carrot, baby
Pepper, red bell, 1/4 cup	Baked potato, russet, 70 ct, .75 C starchy	Baked potato, russet, 70 ct, .75 C starchy	Pepper, red bell, 1/4 cup	Pepper, red bell, 1/4 cup
Lettuce, green leaf, 1 c serving	Carrot, baby		Lettuce, green leaf, 1 c	Lettuce, green leaf, 1 c

<p>Cucumber</p> <p><b>FRUIT</b></p> <p>Banana</p> <p><b>CONDIMENTS</b></p> <p>Sour cream, serving</p> <p>Ranch dressing, housemade</p>	<p>Pepper, red bell, 1/4 cup</p> <p>Beans, refried, 1/2 cup serving</p> <p>Lettuce, green leaf, 1 c serving</p> <p>Cucumber</p> <p><b>FRUIT</b></p> <p>Apple</p> <p><b>CONDIMENTS</b></p> <p>Sour cream, serving</p> <p>Ranch dressing, housemade</p>	<p>Carrot, baby</p> <p>Pepper, red bell, 1/4 cup</p> <p>Lettuce, green leaf, 1 c serving</p> <p>Cucumber</p> <p><b>FRUIT</b></p> <p>Pear, 1 cup</p> <p><b>CONDIMENTS</b></p> <p>Sour cream, serving</p> <p>Ranch dressing, housemade</p>	<p>Lettuce, green leaf, 1 c serving</p> <p>Cucumber</p> <p><b>FRUIT</b></p> <p>Orange, 1 cup</p> <p><b>CONDIMENTS</b></p> <p>Sour cream, serving</p> <p>Ranch dressing, housemade</p>	<p>serving</p> <p>Cucumber</p> <p><b>FRUIT</b></p> <p>Apple</p> <p><b>CONDIMENTS</b></p> <p>Sour cream, serving</p> <p>Ranch dressing, housemade</p>
<p>7</p> <p>Week 1 Monday</p> <p><b>MAIN ENTREE</b></p> <p>Nachos with ground</p>	<p>8</p> <p>Week 1 Tuesday</p> <p><b>MAIN ENTREE</b></p> <p>Carnitas Tacos</p>	<p>9</p> <p>Week 2 Wednesday</p> <p><b>MAIN ENTREE</b></p> <p>Yogurt and granola</p>	<p>10</p> <p>Week 1 Thursday</p> <p><b>MAIN ENTREE</b></p> <p>Spaghetti with roasted</p>	<p>11</p>

beef

**MEAT/MEAT ALTERNATIVE**

Cheddar cheese, shredded, 1 oz

**VEGETABLE**

Baked potato, russet, 70 ct, .75 C starchy

Carrot, baby

Pepper, red bell, 1/4 cup

Lettuce, green leaf, 1 c serving

Cucumber

**FRUIT**

Banana

**CONDIMENTS**

Sour cream, serving

Ranch dressing, housemade

**MEAT/MEAT ALTERNATIVE**

Cheddar cheese, shredded, 1 oz

**GRAIN**

Brown Rice

**VEGETABLE**

Baked potato, russet, 70 ct, .75 C starchy

Carrot, baby

Pepper, red bell, 1/4 cup

Beans, refried, 1/2 cup serving

Lettuce, green leaf, 1 c serving

Cucumber

**FRUIT**

Apple

**CONDIMENTS**

Sour cream, serving

Ranch dressing, housemade

**MEAT/MEAT ALTERNATIVE**

Cheddar cheese, shredded, 1 oz

**VEGETABLE**

Baked potato, russet, 70 ct, .75 C starchy

Lettuce, green leaf, 1 c serving

Cucumber

Carrot, baby

Pepper, red bell, 1/4 cup

Seasoned oven roasted potatoes

**FRUIT**

Banana

**CONDIMENTS**

Sour cream, serving

Ranch dressing, housemade

garlic and olive oil

**MEAT/MEAT ALTERNATIVE**

Cheddar cheese, shredded, 2 oz

**VEGETABLE**

Baked potato, russet, 70 ct, .75 C starchy

Carrot, baby

Pepper, red bell, 1/4 cup

Lettuce, green leaf, 1 c serving

Cucumber

**FRUIT**

Orange, 1 cup

**CONDIMENTS**

Sour cream, serving

Ranch dressing, housemade

<p><b>14</b></p> <p>Week 1 Monday</p> <p><b>MAIN ENTREE</b></p> <p>Turkey and Cheese Wrap</p> <p><b>MEAT/MEAT ALTERNATIVE</b></p> <p>Cheddar cheese, shredded, 1 oz</p> <p><b>VEGETABLE</b></p> <p>Baked potato, russet, 70 ct, .75 C starchy</p> <p>Carrot, baby</p> <p>Pepper, red bell, 1/4 cup</p> <p>Lettuce, green leaf, 1 c serving</p>	<p><b>15</b></p> <p>Week 1 Tuesday</p> <p><b>MAIN ENTREE</b></p> <p>Burrito, bean and cheese</p> <p><b>GRAIN</b></p> <p>Brown Rice</p> <p><b>VEGETABLE</b></p> <p>Baked potato, russet, 70 ct, .75 C starchy</p> <p>Carrot, baby</p> <p>Pepper, red bell, 1/4 cup</p> <p>Beans, refried, 1/2 cup serving</p> <p>Lettuce, green leaf, 1 c serving</p>	<p><b>16</b></p> <p>Week 1 Wednesday</p> <p><b>VEGETABLE</b></p> <p>Baked potato, russet, 70 ct, .75 C starchy</p> <p>Carrot, baby</p> <p>Pepper, red bell, 1/4 cup</p> <p>Lettuce, green leaf, 1 c serving</p> <p>Cucumber</p> <p><b>FRUIT</b></p> <p>Pear, 1 cup</p> <p><b>CONDIMENTS</b></p> <p>Sour cream, serving</p> <p>Ranch dressing, housemade</p>	<p><b>17</b></p> <p>Week 1 Thursday</p> <p><b>MAIN ENTREE</b></p> <p>Spaghetti with Marinara</p> <p><b>MEAT/MEAT ALTERNATIVE</b></p> <p>Cheddar cheese, shredded, 1 oz</p> <p>Cottage cheese</p> <p><b>VEGETABLE</b></p> <p>Baked potato, russet, 70 ct, .75 C starchy</p> <p>Carrot, baby</p> <p>Pepper, red bell, 1/4 cup</p> <p>Lettuce, green leaf, 1 c serving</p>	<p><b>18</b></p> <p>Emergency Make Up Day</p>

<p>Cucumber</p> <p><b>FRUIT</b></p> <p>Banana</p> <p><b>CONDIMENTS</b></p> <p>Sour cream, serving</p> <p>Ranch dressing, housemade</p>	<p>Cucumber</p> <p><b>FRUIT</b></p> <p>Apple</p> <p><b>CONDIMENTS</b></p> <p>Sour cream, serving</p> <p>Ranch dressing, housemade</p>		<p>Cucumber</p> <p><b>FRUIT</b></p> <p>Orange, 1 cup</p> <p><b>CONDIMENTS</b></p> <p>Sour cream, serving</p> <p>Ranch dressing, housemade</p> <p><b>DESSERT</b></p> <p>Chocolate chip cookies</p>	
<p><b>21</b></p> <p>Emergency Make Up Day</p>	<p><b>22</b></p> <p>Week 1 Tuesday</p> <p><b>MAIN ENTREE</b></p> <p>Shredded chicken tacos</p> <p><b>MEAT/MEAT ALTERNATIVE</b></p>	<p><b>23</b></p> <p>Week 1 Wednesday</p> <p><b>MAIN ENTREE</b></p> <p>Cuban Black Beans and Rice, USDA Recipe for Schools</p>	<p><b>24</b></p> <p>Week 1 Thursday</p> <p><b>MAIN ENTREE</b></p> <p>Pesto Pasta</p> <p><b>MEAT/MEAT ALTERNATIVE</b></p>	<p><b>25</b></p> <p>Week 1 Friday</p> <p><b>MAIN ENTREE</b></p> <p>Cheese pizza, housemade</p>

Cheddar cheese,  
shredded, 1 oz

**GRAIN**

Brown Rice

**VEGETABLE**

Baked potato, russet, 70  
ct, .75 C starchy

Carrot, baby

Pepper, red bell, 1/4  
cup

Beans, refried, 1/2 cup  
serving

Lettuce, green leaf, 1 c  
serving

Cucumber

**FRUIT**

Apple

**CONDIMENTS**

Sour cream, serving

Ranch dressing,  
housemade

**VEGETABLE**

Baked potato, russet, 70  
ct, .75 C starchy

Carrot, baby

Pepper, red bell, 1/4  
cup

Lettuce, green leaf, 1 c  
serving

Cucumber

**FRUIT**

Pear, 1 cup

**CONDIMENTS**

Sour cream, serving

Ranch dressing,  
housemade

Cheddar cheese,  
shredded, 2 oz

Cottage cheese

**VEGETABLE**

Baked potato, russet, 70  
ct, .75 C starchy

Carrot, baby

Pepper, red bell, 1/4  
cup

Lettuce, green leaf, 1 c  
serving

Cucumber

**FRUIT**

Orange, 1 cup

**CONDIMENTS**

Sour cream, serving

Ranch dressing,  
housemade

**DESSERT**

Chocolate chip cookies

**MEAT/MEAT  
ALTERNATIVE**

Cheddar cheese,  
shredded, 1 oz

**VEGETABLE**

Baked potato, russet, 70  
ct, .75 C starchy

Carrot, baby

Pepper, red bell, 1/4  
cup

Lettuce, green leaf, 1 c  
serving

Cucumber

**FRUIT**

Apple

**CONDIMENTS**

Sour cream, serving

Ranch dressing,  
housemade

<p><b>28</b></p> <p>Week 1 Monday</p> <p><b>MAIN ENTREE</b></p> <p>Asian BBQ Pulled Pork</p> <p><b>MEAT/MEAT ALTERNATIVE</b></p> <p>Cheddar cheese, shredded, 1 oz</p> <p><b>GRAIN</b></p> <p>Brown Rice</p> <p><b>VEGETABLE</b></p> <p>Baked potato, russet, 70 ct, .75 C starchy</p> <p>Carrot, baby</p> <p>Pepper, red bell, 1/4 cup</p> <p>Lettuce, green leaf, 1 c serving</p> <p>Cucumber</p>	<p><b>29</b></p> <p>Week 1 Tuesday</p> <p><b>MAIN ENTREE</b></p> <p>Burrito, bean and cheese</p> <p><b>GRAIN</b></p> <p>Brown Rice</p> <p><b>VEGETABLE</b></p> <p>Baked potato, russet, 70 ct, .75 C starchy</p> <p>Carrot, baby</p> <p>Pepper, red bell, 1/4 cup</p> <p>Beans, refried, 1/2 cup serving</p> <p>Lettuce, green leaf, 1 c serving</p> <p>Cucumber</p> <p><b>FRUIT</b></p>	<p><b>30</b></p> <p>Week 1 Wednesday</p> <p><b>MAIN ENTREE</b></p> <p>Baked tofu</p> <p><b>MEAT/MEAT ALTERNATIVE</b></p> <p>Cheddar cheese, shredded, 1 oz</p> <p><b>GRAIN</b></p> <p>Brown Rice</p> <p><b>VEGETABLE</b></p> <p>Baked potato, russet, 70 ct, .75 C starchy</p> <p>Carrot, baby</p> <p>Pepper, red bell, 1/4 cup</p> <p>Lettuce, green leaf, 1 c serving</p> <p>Cucumber</p>	<p><b>1</b></p>	<p><b>2</b></p>

<p><b>FRUIT</b></p> <p>Banana</p> <p><b>CONDIMENTS</b></p> <p>Sour cream, serving</p> <p>Ranch dressing, housemade</p>	<p>Apple</p> <p><b>CONDIMENTS</b></p> <p>Sour cream, serving</p> <p>Ranch dressing, housemade</p>	<p><b>FRUIT</b></p> <p>Pear, 1 cup</p> <p><b>CONDIMENTS</b></p> <p>Sour cream, serving</p> <p>Ranch dressing, housemade</p>		
--	---	---	--	--

Menu is subject to change. All meals served meet USDA requirements for reimbursable meals. 1% or nonfat milk available with each meal.

This institution is an equal opportunity provider.