

January 2025

Harmony Union School District Lunch 24/25

		01 Winter break	02 Winter break	03 Winter break
06 Winter break	07 Lunch Entree Bean & Cheese Burrito Vegetables Baked potato Fruit Apple Grains Brown rice Milk 1% Milk Fat Free Chocolate Milk Misc. Shredded Cheddar Cheese Ranch dressing Balsamic dressing Sour cream Guacamole	08 Lunch Entree Hummus and dipping veggies Vegetables Baked potato Fruit Fresh Oranges Grains Soft baked pretzel Milk 1% Milk Fat Free Chocolate Milk Misc. Shredded Cheddar Cheese Ranch dressing Balsamic dressing Sour cream	09 Lunch Entree Spaghetti with Tomato Sauce Vegetables Baked potato Celery Sticks Baby Carrots Peas Fruit Fresh Apple Desserts Chocolate Chip Cookies Milk 1% Milk Fat Free Chocolate Milk Misc. Sour cream Shredded Cheddar Cheese Balsamic dressing Cottage Cheese	10 Lunch Entree Butternut Squash & Chicken Curry Vegetables Baked potato Fruit Fresh Oranges Grains Brown rice Milk 1% Milk Fat Free Chocolate Milk Misc. Shredded Cheddar Cheese Sour cream Ranch dressing Balsamic dressing
13 Lunch Entree Sweet and sour pork Vegetables Baked potato Fruit Pears Grains Cornbread Milk 1% Milk Fat Free Chocolate Milk Misc. Shredded Cheddar Cheese Sour cream Ranch dressing Balsamic dressing	14 Lunch Entree Shredded chicken taco Vegetables Baked potato Pinto beans Fruit Apple Grains Brown rice Milk 1% Milk Fat Free Chocolate Milk Misc. Shredded Cheddar Cheese Sour cream Ranch dressing Balsamic dressing	15 Lunch Entree Baked tofu Vegetables Baked potato Coleslaw, oil and vinegar based Fruit Fresh Grapefruit Grains Brown rice Milk 1% Milk Fat Free Chocolate Milk Misc. Shredded Cheddar Cheese Sour cream Ranch dressing Balsamic dressing	16 Lunch Entree Spaghetti with olive oil and garlic Vegetables Baked potato Whole Kernal Corn Fruit Fresh Oranges Desserts Chocolate Chip Cookies Milk 1% Milk Fat Free Chocolate Milk Misc. Shredded Cheddar Cheese Sour cream Ranch dressing Balsamic dressing 1oz Rd Ft Moz Stng Stck	17 Lunch Entree House cheese pizza Vegetables Baked potato Harmony Kale Salad Fruit Apple Milk 1% Milk Fat Free Chocolate Milk Misc. Sour cream Shredded Cheddar Cheese Ranch dressing Balsamic dressing

<p>MLK day</p>	<p>20 Lunch Entree Pork Carnitas Street Tacos Vegetables Baked potato Refried Beans Fruit Fresh Oranges Grains Brown rice Milk 1% Milk Fat Free Chocolate Milk Misc. Sour cream Shredded Cheddar Cheese Ranch dressing Balsamic dressing</p>	<p>21 Lunch Entree Chili with Beans Vegetables Baked potato Fruit Pears Grains Brown rice Milk 1% Milk Fat Free Chocolate Milk Misc. Sour cream Shredded Cheddar Cheese Ranch dressing Balsamic dressing</p>	<p>22 Lunch Entree Pesto Pasta Vegetables Baked potato Peas Fruit Apple Desserts Chocolate Chip Cookies Milk 1% Milk Fat Free Chocolate Milk Misc. Sour cream Shredded Cheddar Cheese Ranch dressing Balsamic dressing Cottage Cheese</p>	<p>23 Lunch Entree House cheese pizza Vegetables Baked potato Broccoli Florets Fruit Fresh Oranges Milk 1% Milk Fat Free Chocolate Milk Misc. Shredded Cheddar Cheese Sour cream Ranch dressing Balsamic dressing</p>
<p>27 Lunch Entree Toasted Cheese Sandwich Vegetables Baked potato Mashed Potatoes Creamy Tomato Soup Fruit Fresh Banana Milk 1% Milk Fat Free Chocolate Milk Misc. Shredded Cheddar Cheese Sour cream Ranch dressing Balsamic dressing</p>	<p>28 Lunch Entree Shredded chicken taco Vegetables Baked potato Pinto beans Fruit Apple Milk 1% Milk Fat Free Chocolate Milk Misc. Shredded Cheddar Cheese Sour cream Ranch dressing Balsamic dressing Guacamole</p>	<p>29 Lunch Entree Hot Dog on WG Bun Vegetables Baked potato Fruit Pears Grains Brown rice Milk 1% Milk Fat Free Chocolate Milk Misc. Shredded Cheddar Cheese Sour cream Ranch dressing Balsamic dressing</p>	<p>30 Lunch Entree Amazing Lo Mein Vegetables Baked potato Fruit Fresh Oranges Milk 1% Milk Fat Free Chocolate Milk Misc. Shredded Cheddar Cheese Sour cream Ranch dressing Balsamic dressing</p>	<p>31 Lunch Entree House cheese pizza Vegetables Baked potato Celery Sticks Fruit Apple Milk 1% Milk Fat Free Chocolate Milk Misc. Shredded Cheddar Cheese Sour cream Ranch dressing Balsamic dressing</p>

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