



Harmony Union School District

## March 2025 | Harmony Elementary | Lunch Menu | 24-25 K-8 Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Week 1 Monday	Week 1 Tuesday	Week 1 Wednesday	Week 1 Thursday	Week 1 Friday
MAIN ENTREE	MAIN ENTREE	MAIN ENTREE	MAIN ENTREE	MAIN ENTREE
Turkey and Cheese Wrap	Shredded chicken tacos	Chili with Beans and Beef	Spaghetti with Marinara	Cheese pizza, housemade
MEAT/MEAT ALTERNATIVE	MEAT/MEAT ALTERNATIVE	MEAT/MEAT ALTERNATIVE	MEAT/MEAT ALTERNATIVE	MEAT/MEAT ALTERNATIVE
Cheddar cheese, shredded, 1 oz	Cheddar cheese, shredded, 1 oz	Cheddar cheese, shredded, 1 oz	Cheddar cheese, shredded, 1 oz	Cheddar cheese, shredded, 1 oz
VEGETABLE	GRAIN	GRAIN	VEGETABLE	VEGETABLE
Baked potato, russet, 70 ct, .75 C	Brown Rice	Brown Rice	Baked potato, russet, 70 ct, .75 C starchy	Baked potato, russet, 70 ct, .75 C starchy
starchy	VEGETABLE	VEGETABLE	Carrot, baby	Carrot, baby
Carrot, baby Pepper, red bell, 1/4	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
cup	Carrot, baby	Carrot, baby	Lettuce, green leaf, 1	Lettuce, green leaf, 1
Lettuce, green leaf, 1 c serving	Pepper, red bell, 1/4 cup	Pepper, red bell, 1/4 cup	c serving Cucumber	c serving Cucumber
Cucumber	Beans, refried, 1/2 cup serving	Lettuce, green leaf, 1 c serving	FRUIT	FRUIT
<b>FRUIT</b> Banana	Lettuce, green leaf, 1 c serving	Cucumber	Orange, 1 cup	Apple
BAULIZ	Cucumber	FRUIT	MILK	MILK
MILK	FRUIT	Pear, 1 cup	Milk, 1%, HPT	Milk, 1%, HPT
Milk, 1%, HPT Milk, Nonfat,	Apple	MILK	Milk, Nonfat, Chocolate,HPT	Milk, Nonfat, Chocolate,HPT
CONDIMENTS	MILK	Milk, 1%, HPT Milk, Nonfat,	CONDIMENTS	CONDIMENTS
	Milk, 1%, HPT	Chocolate, HPT	Sour cream, serving	Sour cream, serving
Sour cream, serving Ranch dressing,	Milk, Nonfat, Chocolate,HPT	CONDIMENTS	Ranch dressing, housemade	Ranch dressing, housemade

*	housemade  Balsamic dressing, housemade	CONDIMENTS  Sour cream, serving  Ranch dressing, housemade  Balsamic dressing, housemade	Sour cream, serving Ranch dressing, housemade Balsamic dressing, housemade	Balsamic dressing, housemade  DESSERT  Chocolate chip cookies	Balsamic dressing, housemade
	10	11	12	13	14
	10				Spring Break
	Week 1 Monday	Week 1 Tuesday	Week 1 Wednesday	Week 1 Thursday	
	MAIN ENTREE	MAIN ENTREE	MAIN ENTREE	MAIN ENTREE	
	Grilled Cheese, Whole Grain	Burrito, bean and cheese	Baked tofu	Chicken lo mein	
	MEAT/MEAT	GRAIN	MEAT/MEAT ALTERNATIVE	MEAT/MEAT ALTERNATIVE	
	ALTERNATIVE	Brown Rice	Cheddar cheese, shredded, 1 oz	Cheddar cheese, shredded, 2 oz	
	Cheddar cheese, shredded, 2 oz	VEGETABLE			ai .
	VEGETABLE	Baked potato, russet, 70 ct, .75 C starchy	GRAIN  Brown Rice	Baked potato, russet,	
	Baked potato, russet, 70 ct, .75 C	Carrot, baby		70 ct, .75 C starchy	
	starchy	Pepper, red bell, 1/4	■ VEGETABLE	Carrot, baby	
	Carrot, baby	cup	Baked potato, russet, 70 ct, .75 C starchy	Pepper, red bell, 1/4 cup	
	Pepper, red bell, 1/4 cup	Beans, refried, 1/2 cup serving	Carrot, baby	Lettuce, green leaf, 1	
	Lettuce, green leaf, 1 c serving	Lettuce, green leaf, 1 c serving	Pepper, red bell, 1/4 cup	Cucumber	
	Cucumber	Cucumber	Lettuce, green leaf, 1 c serving	FRUIT	
	Creamy Tomato	FRUIT	Cucumber	Orange, 1 cup	
		Apple	FRUIT	MILK	
	FRUIT	■ MILK	Pear, 1 cup	Milk, 1%, HPT	
	Banana	Milk, 1%, HPT	L	Milk, Nonfat,	
	MILK	Milk, Nonfat,	MILK	Chocolate, HPT	
	Milk, 1%, HPT	Chocolate,HPT	Milk, 1%, HPT	CONDIMENTS	

Balsamic dressing, housemade	Sour cream, serving Ranch dressing, housemade Balsamic dressing, housemade	housemade	
<b>18</b> Spring Break	<b>19</b> Spring Break	<b>20</b> Spring Break	21 Spring Break
25	26	27	28
Week 1 Tuesday	Week 1 Wednesday	Week 1 Thursday	Week 1 Friday
MAIN ENTREE	VEGETABLE	MAIN ENTREE	MAIN ENTREE
Carnitas Tacos  MEAT/MEAT ALTERNATIVE	Baked potato, russet, 70 ct, .75 C starchy Carrot, baby	Pesto Pasta  MEAT/MEAT  ALTERNATIVE	Cheese pizza, housemade  VEGETABLE
Cheddar cheese, shredded, 1 oz	Pepper, red bell, 1/4 cup  Lettuce, green leaf, 1 c serving  Cucumber	Cheddar cheese, shredded, 2 oz Cottage cheese	Baked potato, russet, 70 ct, .75 C starchy Carrot, baby Pepper, red bell, 1/4
Prown Rice  VEGETABLE  Baked potato, russet, 70 ct, .75 C starchy  Carrot, baby	FRUIT  Pear, 1 cup  MILK  Milk, 1%, HPT	Baked potato, russet, 70 ct, .75 C starchy Carrot, baby Pepper, red bell, 1/4 cup	cup  Lettuce, green leaf, 1 c serving  Cucumber  FRUIT
	25 Week 1 Tuesday MAIN ENTREE Carnitas Tacos MEAT/MEAT ALTERNATIVE Cheddar cheese, shredded, 1 oz GRAIN Brown Rice VEGETABLE Baked potato, russet, 70 ct, .75 C starchy	housemade Balsamic dressing, housemade  18 Spring Break  25 Week 1 Tuesday Week 1 Wednesday  MAIN ENTREE Carnitas Tacos MEAT/MEAT ALTERNATIVE Cheddar cheese, shredded, 1 oz GRAIN Brown Rice  FRUIT VEGETABLE Baked potato, russet, 70 ct, .75 C starchy Cucumber  FRUIT Pear, 1 cup MILK  MILK	housemade Balsamic dressing, housemade  18 Spring Break  25  Week 1 Tuesday  MAIN ENTREE Carnitas Tacos  MEAT/MEAT ALTERNATIVE Cheddar cheese, shredded, 1 oz  GRAIN Brown Rice  FRUIT Pear, 1 cup Baked potato, russet, 70 ct, .75 C starchy Carrot, baby Cucumber  VEGETABLE Baked potato, russet, 70 ct, .75 C starchy Cheddar cheese, shredded, 2 oz Cottage cheese VEGETABLE Baked potato, russet, 70 ct, .75 C starchy Carrot, baby Pepper, red bell, 1/4 cup Cheddar cheese, shredded, 2 oz Cottage cheese VEGETABLE Baked potato, russet, 70 ct, .75 C starchy Carrot, baby Pepper, red bell, 1/4 cup

25, 5. 10 FW	f =	EIII G COINICCE WARNIN		LANG. 407 LIBT
Seasoned oven roasted potatoes	Beans, refried, 1/2 cup serving	CONDIMENTS	FRUIT	Milk, 1%, HPT Milk, Nonfat,
FRUIT	Lettuce, green leaf, 1 c serving	Sour cream, serving Ranch dressing,	Orange, 1 cup	Chocolate,HPT
Banana	Cucumber	housemade	MILK	CONDIMENTS
MILK	<b>■</b> FRUIT	Balsamic dressing, housemade	Milk, 1%, HPT Milk, Nonfat,	Sour cream, serving
Milk, 1%, HPT	Apple		Chocolate, HPT	Ranch dressing, housemade
Milk, Nonfat, Chocolate,HPT	MILK		CONDIMENTS	Balsamic dressing, housemade
	Milk, 1%, HPT		Sour cream, serving Ranch dressing,	
<b>CONDIMENTS</b> Sour cream, serving	Milk, Nonfat, Chocolate,HPT		housemade	
Ranch dressing,	■ CONDIMENTS		Balsamic dressing, housemade	
Balsamic dressing,	Sour cream, serving		DESSERT	
housemade	Ranch dressing, housemade		Chocolate chip cookies	
	Balsamic dressing, housemade			
31	1	2	3	4
Week 1 Monday				
MAIN ENTREE				
Tuna fish sandwich				
MEAT/MEAT ALTERNATIVE				
Cheddar cheese, shredded, 1 oz				
VEGETABLE				
Baked potato, russet, 70 ct, .75 C starchy				
Carrot, baby				
Pepper, red bell, 1/4				

Menu is subject to change. All meals served meet USDA requirements for reimbursable meals.

This institution is an equal opportunity provider.