



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 starchy	Brown Rice	Brown Rice	Baked potato, russet, 70 ct, .75 C starchy	Baked potato, russet, 70 ct, .75 C starchy
Carrot, baby	VEGETABLE	VEGETABLE	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	Carrot, baby	Lettuce, green leaf, 1 c serving	Lettuce, green leaf, 1 c serving
Cucumber	Pepper, red bell, 1/4 cup	Pepper, red bell, 1/4 cup	Cucumber	Cucumber
FRUIT	Beans, refried, 1/2 cup serving	Lettuce, green leaf, 1 c serving	FRUIT	FRUIT
Banana	Lettuce, green leaf, 1 c serving	Cucumber	Orange, 1 cup	Apple
MILK	Cucumber	FRUIT	MILK	MILK
Milk, 1%, HPT	FRUIT	Pear, 1 cup	Milk, 1%, HPT	Milk, 1%, HPT
Milk, Nonfat, Chocolate,HPT	Apple	MILK	Milk, Nonfat, Chocolate,HPT	Milk, Nonfat, Chocolate,HPT
CONDIMENTS	MILK	Milk, 1%, HPT	CONDIMENTS	CONDIMENTS
Sour cream, serving	Milk, 1%, HPT	Milk, Nonfat, Chocolate,HPT	Sour cream, serving	Sour cream, serving
Ranch dressing,	Milk, Nonfat, Chocolate,HPT	CONDIMENTS	Ranch dressing, housemade	Ranch dressing, housemade

<p>housemade</p> <p>Balsamic dressing, housemade</p>	<p>CONDIMENTS</p> <p>Sour cream, serving</p> <p>Ranch dressing, housemade</p> <p>Balsamic dressing, housemade</p>	<p>Sour cream, serving</p> <p>Ranch dressing, housemade</p> <p>Balsamic dressing, housemade</p>	<p>Balsamic dressing, housemade</p> <p>DESSERT</p> <p>Chocolate chip cookies</p>	<p>Balsamic dressing, housemade</p>
<p>10</p> <p>Week 1 Monday</p> <p>MAIN ENTREE</p> <p>Grilled Cheese, Whole Grain</p> <p>MEAT/MEAT ALTERNATIVE</p> <p>Cheddar cheese, shredded, 2 oz</p> <p>VEGETABLE</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>Creamy Tomato Soup</p> <p>FRUIT</p> <p>Banana</p> <p>MILK</p> <p>Milk, 1%, HPT</p>	<p>11</p> <p>Week 1 Tuesday</p> <p>MAIN ENTREE</p> <p>Burrito, bean and cheese</p> <p>GRAIN</p> <p>Brown Rice</p> <p>VEGETABLE</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>FRUIT</p> <p>Apple</p> <p>MILK</p> <p>Milk, 1%, HPT</p> <p>Milk, Nonfat, Chocolate,HPT</p>	<p>12</p> <p>Week 1 Wednesday</p> <p>MAIN ENTREE</p> <p>Baked tofu</p> <p>MEAT/MEAT ALTERNATIVE</p> <p>Cheddar cheese, shredded, 1 oz</p> <p>GRAIN</p> <p>Brown Rice</p> <p>VEGETABLE</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>FRUIT</p> <p>Pear, 1 cup</p> <p>MILK</p> <p>Milk, 1%, HPT</p>	<p>13</p> <p>Week 1 Thursday</p> <p>MAIN ENTREE</p> <p>Chicken lo mein</p> <p>MEAT/MEAT ALTERNATIVE</p> <p>Cheddar cheese, shredded, 2 oz</p> <p>VEGETABLE</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>FRUIT</p> <p>Orange, 1 cup</p> <p>MILK</p> <p>Milk, 1%, HPT</p> <p>Milk, Nonfat, Chocolate,HPT</p> <p>CONDIMENTS</p>	<p>14</p> <p>Spring Break</p>

<p>Milk, Nonfat, Chocolate,HPT</p> <p>CONDIMENTS</p> <p>Sour cream, serving</p> <p>Ranch dressing, housemade</p> <p>Balsamic dressing, housemade</p>	<p>CONDIMENTS</p> <p>Sour cream, serving</p> <p>Ranch dressing, housemade</p> <p>Balsamic dressing, housemade</p>	<p>Milk, Nonfat, Chocolate,HPT</p> <p>CONDIMENTS</p> <p>Sour cream, serving</p> <p>Ranch dressing, housemade</p> <p>Balsamic dressing, housemade</p>	<p>Sour cream, serving</p> <p>Ranch dressing, housemade</p> <p>Balsamic dressing, housemade</p>	
<p>17</p> <p>Spring Break</p>	<p>18</p> <p>Spring Break</p>	<p>19</p> <p>Spring Break</p>	<p>20</p> <p>Spring Break</p>	<p>21</p> <p>Spring Break</p>
<p>Week 1 Monday</p> <p>MAIN ENTREE</p> <p>Yogurt and granola</p> <p>MEAT/MEAT ALTERNATIVE</p> <p>Cheddar cheese, shredded, 1 oz</p> <p>VEGETABLE</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>Week 1 Tuesday</p> <p>MAIN ENTREE</p> <p>Carnitas Tacos</p> <p>MEAT/MEAT ALTERNATIVE</p> <p>Cheddar cheese, shredded, 1 oz</p> <p>GRAIN</p> <p>Brown Rice</p> <p>VEGETABLE</p> <p>Baked potato, russet, 70 ct, .75 C starchy</p> <p>Carrot, baby</p> <p>Pepper, red bell, 1/4 cup</p>	<p>Week 1 Wednesday</p> <p>VEGETABLE</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>FRUIT</p> <p>Pear, 1 cup</p> <p>MILK</p> <p>Milk, 1%, HPT</p> <p>Milk, Nonfat, Chocolate,HPT</p>	<p>Week 1 Thursday</p> <p>MAIN ENTREE</p> <p>Pesto Pasta</p> <p>MEAT/MEAT ALTERNATIVE</p> <p>Cheddar cheese, shredded, 2 oz</p> <p>Cottage cheese</p> <p>VEGETABLE</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>FRUIT</p> <p>Apple</p> <p>MILK</p>	<p>Week 1 Friday</p> <p>MAIN ENTREE</p> <p>Cheese pizza, housemade</p> <p>VEGETABLE</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>FRUIT</p> <p>Apple</p> <p>MILK</p>

Seasoned oven roasted potatoes

FRUIT

Banana

MILK

Milk, 1%, HPT

Milk, Nonfat, Chocolate,HPT

CONDIMENTS

Sour cream, serving

Ranch dressing, housemade

Balsamic dressing, housemade

Beans, refried, 1/2 cup serving

Lettuce, green leaf, 1 c serving

Cucumber

FRUIT

Apple

MILK

Milk, 1%, HPT

Milk, Nonfat, Chocolate,HPT

CONDIMENTS

Sour cream, serving

Ranch dressing, housemade

Balsamic dressing, housemade

CONDIMENTS

Sour cream, serving

Ranch dressing, housemade

Balsamic dressing, housemade

FRUIT

Orange, 1 cup

MILK

Milk, 1%, HPT

Milk, Nonfat, Chocolate,HPT

CONDIMENTS

Sour cream, serving

Ranch dressing, housemade

Balsamic dressing, housemade

DESSERT

Chocolate chip cookies

Milk, 1%, HPT

Milk, Nonfat, Chocolate,HPT

CONDIMENTS

Sour cream, serving

Ranch dressing, housemade

Balsamic dressing, housemade

31

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

1

2

3

4

<p>cup</p> <p>Lettuce, green leaf, 1 c serving</p> <p>Cucumber</p> <p>FRUIT</p> <p>Banana</p> <p>MILK</p> <p>Milk, 1%, HPT</p> <p>Milk, Nonfat, Chocolate,HPT</p> <p>CONDIMENTS</p> <p>Sour cream, serving</p> <p>Ranch dressing, housemade</p> <p>Balsamic dressing, housemade</p>				
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Menu is subject to change. All meals served meet USDA requirements for reimbursable meals.

This institution is an equal opportunity provider.