



May 2025 | Harmony Elementary | Lunch Menu | 24-25 K-8 Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
28	29	30	1	2
Week 1 Monday	Week 1 Tuesday	Week 1 Wednesday	Week 1 Thursday	Week 1 Friday
<div>MAIN ENTREE</div> <div>Asian BBQ Pulled Pork</div>	<div>MAIN ENTREE</div> <div>Burrito, bean and cheese</div>	<div>MAIN ENTREE</div> <div>Baked tofu</div>	<div>MAIN ENTREE</div> <div>Macaroni and cheese, 2 M/MA, 1 WG</div>	<div>MAIN ENTREE</div> <div>Cheese pizza, housemade</div>
<div>MEAT/MEAT ALTERNATIVE</div> <div>Cheddar cheese, shredded, 1 oz</div>	<div>GRAIN</div> <div>Brown Rice</div>	<div>MEAT/MEAT ALTERNATIVE</div> <div>Cheddar cheese, shredded, 1 oz</div>	<div>VEGETABLE</div> <div>Baked potato, russet, 70 ct, .75 C starchy</div>	<div>VEGETABLE</div> <div>Baked potato, russet, 70 ct, .75 C starchy</div>
<div>GRAIN</div> <div>Brown Rice</div>	<div>VEGETABLE</div> <div>Carrot, baby</div>	<div>GRAIN</div> <div>Brown Rice</div>	<div>GRAIN</div> <div>Carrot, baby</div>	<div>GRAIN</div> <div>Carrot, baby</div>
<div>VEGETABLE</div> <div>Baked potato, russet, 70 ct, .75 C starchy</div>	<div>VEGETABLE</div> <div>Pepper, red bell, 1/4 cup</div>	<div>VEGETABLE</div> <div>Baked potato, russet, 70 ct, .75 C starchy</div>	<div>VEGETABLE</div> <div>Pepper, red bell, 1/4 cup</div>	<div>VEGETABLE</div> <div>Pepper, red bell, 1/4 cup</div>
<div>VEGETABLE</div> <div>Carrot, baby</div>	<div>VEGETABLE</div> <div>Beans, refried, 1/2 cup serving</div>	<div>VEGETABLE</div> <div>Carrot, baby</div>	<div>VEGETABLE</div> <div>Lettuce, green leaf, 1 c serving</div>	<div>VEGETABLE</div> <div>Lettuce, green leaf, 1 c serving</div>
<div>VEGETABLE</div> <div>Pepper, red bell, 1/4 cup</div>	<div>VEGETABLE</div> <div>Cucumber</div>	<div>VEGETABLE</div> <div>Pepper, red bell, 1/4 cup</div>	<div>VEGETABLE</div> <div>Cucumber</div>	<div>VEGETABLE</div> <div>Cucumber</div>
<div>VEGETABLE</div> <div>Lettuce, green leaf, 1 c serving</div>	<div>FRUIT</div> <div>Apple</div>	<div>VEGETABLE</div> <div>Lettuce, green leaf, 1 c serving</div>	<div>FRUIT</div> <div>Orange, 1 cup</div>	<div>FRUIT</div> <div>Apple</div>
<div>VEGETABLE</div> <div>Cucumber</div>	<div>CONDIMENTS</div> <div>Sour cream, serving</div>	<div>VEGETABLE</div> <div>Cucumber</div>	<div>CONDIMENTS</div> <div>Sour cream, serving</div>	<div>CONDIMENTS</div> <div>Sour cream, serving</div>
<div>FRUIT</div> <div>Banana</div>	<div>CONDIMENTS</div> <div>Ranch dressing, housemade</div>	<div>FRUIT</div> <div>Peas, frozen</div>	<div>FRUIT</div> <div>Ranch dressing, housemade</div>	<div>CONDIMENTS</div> <div>Ranch dressing, housemade</div>
<div>CONDIMENTS</div> <div>Sour cream, serving</div>		<div>FRUIT</div> <div>Pear, 1 cup</div>		
<div>CONDIMENTS</div> <div>Ranch dressing, housemade</div>		<div>CONDIMENTS</div> <div>Sour cream, serving</div>		
		<div>CONDIMENTS</div> <div>Ranch dressing, housemade</div>		

<div>5</div> <div>Week 1 Monday</div> <div><div><div>MAIN ENTREE</div><div>BBQ chicken drumstick</div></div><div><div>GRAIN</div><div>Cornbread</div></div><div><div>VEGETABLE</div><div>Baked potato, russet, 70 ct, .75 C starchy</div><div>Carrot, baby</div><div>Pepper, red bell, 1/4 cup</div><div>Lettuce, green leaf, 1 c serving</div><div>Cucumber</div><div>Potatoes, mashed</div></div><div><div>FRUIT</div><div>Banana</div></div><div><div>CONDIMENTS</div><div>Sour cream, serving</div><div>Ranch dressing, housemade</div></div></div>	<div>6</div> <div>Week 1 Tuesday</div> <div><div><div>MAIN ENTREE</div><div>Carnitas Tacos</div></div><div><div>MEAT/MEAT ALTERNATIVE</div><div>Cheddar cheese, shredded, 1 oz</div></div><div><div>GRAIN</div><div>Brown Rice</div></div><div><div>VEGETABLE</div><div>Baked potato, russet, 70 ct, .75 C starchy</div><div>Carrot, baby</div><div>Pepper, red bell, 1/4 cup</div><div>Beans, refried, 1/2 cup serving</div><div>Lettuce, green leaf, 1 c serving</div><div>Cucumber</div></div><div><div>FRUIT</div><div>Apple</div></div><div><div>CONDIMENTS</div><div>Sour cream, serving</div><div>Ranch dressing, housemade</div></div></div>	<div>7</div> <div>Week 1 Wednesday</div> <div><div><div>MAIN ENTREE</div><div>Tuna fish sandwich</div></div><div><div>VEGETABLE</div><div>Baked potato, russet, 70 ct, .75 C starchy</div><div>Carrot, baby</div><div>Pepper, red bell, 1/4 cup</div><div>Lettuce, green leaf, 1 c serving</div><div>Cucumber</div></div><div><div>FRUIT</div><div>Pineapple,canned</div></div><div><div>CONDIMENTS</div><div>Sour cream, serving</div><div>Ranch dressing, housemade</div></div></div>	<div>8</div> <div>Week 1 Thursday</div> <div><div><div>MAIN ENTREE</div><div>Chicken lo mein</div></div><div><div>MEAT/MEAT ALTERNATIVE</div><div>Cheddar cheese, shredded, 2 oz</div></div><div><div>VEGETABLE</div><div>Baked potato, russet, 70 ct, .75 C starchy</div><div>Carrot, baby</div><div>Pepper, red bell, 1/4 cup</div><div>Lettuce, green leaf, 1 c serving</div><div>Cucumber</div></div><div><div>FRUIT</div><div>Orange, 1 cup</div></div><div><div>CONDIMENTS</div><div>Sour cream, serving</div><div>Ranch dressing, housemade</div></div></div>	<div>9</div> <div>Week 1 Friday</div> <div><div><div>MAIN ENTREE</div><div>Cheese pizza, housemade</div></div><div><div>VEGETABLE</div><div>Baked potato, russet, 70 ct, .75 C starchy</div><div>Carrot, baby</div><div>Pepper, red bell, 1/4 cup</div><div>Lettuce, green leaf, 1 c serving</div><div>Cucumber</div></div><div><div>FRUIT</div><div>Apple</div></div><div><div>CONDIMENTS</div><div>Sour cream, serving</div><div>Ranch dressing, housemade</div></div></div>
<div>12</div> <div>Week 1 Monday</div> <div><div><div>MAIN ENTREE</div></div></div>	<div>13</div> <div>Week 1 Tuesday</div> <div><div><div>MAIN ENTREE</div></div></div>	<div>14</div> <div>Week 1 Wednesday</div> <div><div><div>MAIN ENTREE</div></div></div>	<div>15</div> <div>Week 1 Thursday</div> <div><div><div>MAIN ENTREE</div></div></div>	<div>16</div> <div>Week 1 Friday</div> <div><div><div>MAIN ENTREE</div></div></div>

<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>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>Shredded chicken tacos</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>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><b>MAIN ENTREE</b></p> <p>Hummus and tortilla chips</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>Watermelon</p> <p><b>CONDIMENTS</b></p> <p>Sour cream, serving</p> <p>Ranch dressing, housemade</p>	<p>Spaghetti with roasted garlic and olive oil</p> <p><b>MEAT/MEAT ALTERNATIVE</b></p> <p>Cheddar cheese, shredded, 2 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>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>Cheese pizza, housemade</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>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><b>19</b></p> <p>Week 1 Monday</p> <p><b>MAIN ENTREE</b></p> <p>Grilled Cheese, Whole Grain</p> <p><b>VEGETABLE</b></p> <p>Carrot, baby</p>	<p><b>20</b></p> <p>Week 1 Tuesday</p> <p><b>MAIN ENTREE</b></p> <p>Nachos with ground beef</p> <p><b>GRAIN</b></p> <p>Brown Rice</p>	<p><b>21</b></p> <p>Week 1 Wednesday</p> <p><b>MAIN ENTREE</b></p> <p>Yogurt and granola</p> <p><b>MEAT/MEAT ALTERNATIVE</b></p>	<p><b>22</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>Cottage cheese</p>	<p><b>23</b></p> <p>Week 1 Friday</p> <p><b>MAIN ENTREE</b></p> <p>Cheese pizza, housemade</p> <p><b>MEAT/MEAT ALTERNATIVE</b></p> <p>Cheddar cheese,</p>

<div>Pepper, red bell, 1/4 cup</div> <div>Lettuce, green leaf, 1 c serving</div> <div>Cucumber</div> <div>Creamy Tomato Soup</div> <div><div><div></div><div>FRUIT</div></div><div>Banana</div></div> <div><div><div></div><div>CONDIMENTS</div></div><div>Sour cream, serving</div><div>Ranch dressing, housemade</div></div>	<div><div><div></div><div>VEGETABLE</div></div><div>Baked potato, russet, 70 ct, .75 C starchy</div><div>Carrot, baby</div><div>Pepper, red bell, 1/4 cup</div><div>Beans, refried, 1/2 cup serving</div><div>Lettuce, green leaf, 1 c serving</div><div>Cucumber</div></div> <div><div><div></div><div>FRUIT</div></div><div>Apple</div></div> <div><div><div></div><div>CONDIMENTS</div></div><div>Sour cream, serving</div><div>Ranch dressing, housemade</div></div>	<div>Cheddar cheese, shredded, 1 oz</div> <div><div><div></div><div>VEGETABLE</div></div><div>Baked potato, russet, 70 ct, .75 C starchy</div><div>Carrot, baby</div><div>Pepper, red bell, 1/4 cup</div><div>Lettuce, green leaf, 1 c serving</div><div>Cucumber</div></div> <div>Seasoned oven roasted potatoes</div> <div><div><div></div><div>FRUIT</div></div><div>Strawberries</div></div> <div><div><div></div><div>CONDIMENTS</div></div><div>Sour cream, serving</div><div>Ranch dressing, housemade</div></div>	<div><div><div></div><div>VEGETABLE</div></div><div>Baked potato, russet, 70 ct, .75 C starchy</div><div>Carrot, baby</div><div>Pepper, red bell, 1/4 cup</div><div>Lettuce, green leaf, 1 c serving</div><div>Cucumber</div></div> <div><div><div></div><div>FRUIT</div></div><div>Orange, 1 cup</div></div> <div><div><div></div><div>CONDIMENTS</div></div><div>Sour cream, serving</div><div>Ranch dressing, housemade</div></div>	<div>shredded, 1 oz</div> <div><div><div></div><div>VEGETABLE</div></div><div>Baked potato, russet, 70 ct, .75 C starchy</div><div>Carrot, baby</div><div>Pepper, red bell, 1/4 cup</div><div>Lettuce, green leaf, 1 c serving</div><div>Cucumber</div></div> <div><div><div></div><div>FRUIT</div></div><div>Apple</div></div> <div><div><div></div><div>CONDIMENTS</div></div><div>Sour cream, serving</div><div>Ranch dressing, housemade</div></div>
<div>26</div> <div>Memorial Day</div>	<div>27</div> <div>Week 1 Tuesday</div> <div><div><div></div><div>MAIN ENTREE</div></div><div>Burrito, bean and cheese</div></div> <div><div><div></div><div>GRAIN</div></div><div>Brown Rice</div></div> <div><div><div></div><div>VEGETABLE</div></div><div>Baked potato, russet, 70 ct, .75 C starchy</div><div>Carrot, baby</div><div>Pepper, red bell, 1/4 cup</div></div>	<div>28</div> <div>Week 1 Wednesday</div> <div><div><div></div><div>MAIN ENTREE</div></div><div>Cuban Black Beans and Rice, USDA Recipe for Schools</div></div> <div><div><div></div><div>MEAT/MEAT ALTERNATIVE</div></div><div>Cheddar cheese, shredded, 1 oz</div><div>Cottage cheese</div></div> <div><div><div></div><div>GRAIN</div></div><div>Brown Rice</div></div>	<div>29</div> <div>Week 1 Thursday</div> <div><div><div></div><div>MAIN ENTREE</div></div><div>Spaghetti with Marinara</div></div> <div><div><div></div><div>MEAT/MEAT ALTERNATIVE</div></div><div>Cheddar cheese, shredded, 1 oz</div><div>Cottage cheese</div></div> <div><div><div></div><div>VEGETABLE</div></div><div>Baked potato, russet, 70 ct, .75 C starchy</div><div>Carrot, baby</div></div>	<div>30</div> <div>Week 1 Friday</div> <div><div><div></div><div>MAIN ENTREE</div></div><div>Cheese pizza, housemade</div></div> <div><div><div></div><div>VEGETABLE</div></div><div>Baked potato, russet, 70 ct, .75 C starchy</div><div>Carrot, baby</div><div>Pepper, red bell, 1/4 cup</div><div>Lettuce, green leaf, 1 c serving</div><div>Cucumber</div></div>

	<div>Lettuce, green leaf, 1 c serving</div> <div>Cucumber</div> <div><b>FRUIT</b></div> <div>Apple</div> <div><b>CONDIMENTS</b></div> <div>Sour cream, serving</div> <div>Ranch dressing, housemade</div>	<div><b>VEGETABLE</b></div> <div>Baked potato, russet, 70 ct, .75 C starchy</div> <div>Carrot, baby</div> <div>Pepper, red bell, 1/4 cup</div> <div>Lettuce, green leaf, 1 c serving</div> <div>Cucumber</div> <div><b>FRUIT</b></div> <div>Pear, 1 cup</div> <div><b>CONDIMENTS</b></div> <div>Sour cream, serving</div> <div>Ranch dressing, housemade</div>	<div>Pepper, red bell, 1/4 cup</div> <div>Lettuce, green leaf, 1 c serving</div> <div>Cucumber</div> <div>Peas, frozen</div> <div><b>FRUIT</b></div> <div>Orange, 1 cup</div> <div><b>CONDIMENTS</b></div> <div>Sour cream, serving</div> <div>Ranch dressing, housemade</div> <div><b>DESSERT</b></div> <div>Chocolate chip cookies</div>	<div><b>FRUIT</b></div> <div>Apple</div> <div><b>CONDIMENTS</b></div> <div>Sour cream, serving</div> <div>Ranch dressing, housemade</div>
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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.