



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

5	6	7	8	9
Week 1 Monday	Week 1 Tuesday	Week 1	Week 1 Thursday	Week 1 Friday
MAIN ENTREE	MAIN ENTREE	Wednesday	MAIN ENTREE	MAIN ENTREE
BBQ chicken drumstick	Carnitas Tacos	MAIN ENTREE Tuna fish	Chicken lo mein	Cheese pizza, housemade
GRAIN	MEAT/MEAT ALTERNATIVE	sandwich	MEAT/MEAT ALTERNATIVE	VEGETABLE
Cornbread	Cheddar cheese, shredded, 1 oz	Baked potato,	Cheddar cheese, shredded, 2 oz	Baked potato, russet, 70 ct, .75
VEGETABLE	GRAIN	russet, 70 ct, .75 C starchy	VEGETABLE	C starchy Carrot, baby
Baked potato, russet, 70 ct, .75 C starchy	Brown Rice	Carrot, baby Pepper, red bell,	Baked potato, russet, 70 ct, .75	Pepper, red bell, 1/4 cup
Carrot, baby	VEGETABLE	1/4 cup	C starchy	Lettuce, green
Pepper, red bell, 1/4 cup	Baked potato, russet, 70 ct, .75	Lettuce, green leaf, 1 c serving	Carrot, baby Pepper, red bell,	leaf, 1 c serving Cucumber
Lettuce, green	C starchy	Cucumber	1/4 cup	FRUIT
leaf, 1 c serving Cucumber	Carrot, baby Pepper, red bell,	FRUIT	Lettuce, green leaf, 1 c serving	Apple
Potatoes,	1/4 cup	Pineapple,canned	Cucumber	
mashed	Beans, refried, 1/2 cup serving	CONDIMENTS	FRUIT	CONDIMENTS Sour croam
FRUIT	Lettuce, green leaf, 1 c serving	Sour cream,	Orange, 1 cup	Sour cream, serving
Banana	Cucumber	serving Ranch dressing,	CONDIMENTS	Ranch dressing, housemade
CONDIMENTS	FRUIT	housemade	Sour cream, serving	
Sour cream, serving	Apple		Ranch dressing,	
Ranch dressing, housemade	CONDIMENTS		housemade	
11005011.005	Sour cream, serving			
	Ranch dressing, housemade			
12	13	14	15	16
Week 1 Monday	Week 1 Tuesday	Week 1	Week 1 Thursday	Week 1 Friday
MAIN ENTREE	MAIN ENTREE	Wednesday	MAIN ENTREE	MAIN ENTREE

Turkey and Cheese Wrap	Shredded chicken tacos	Hummus and	Spaghetti with roasted garlic and olive oil	Cheese pizza, housemade
MEAT/MEAT ALTERNATIVE	MEAT/MEAT ALTERNATIVE	tortilla chips VEGETABLE	MEAT/MEAT	MEAT/MEAT ALTERNATIVE
Cheddar cheese, shredded, 1 oz	Cheddar cheese, shredded, 1 oz	Baked potato, russet, 70 ct, .75	Cheddar cheese, shredded, 2 oz	Cheddar cheese, shredded, 1 oz
VEGETABLE	GRAIN	C starchy		VEGETABLE
Baked potato, russet, 70 ct, .75	Brown Rice	Carrot, baby Pepper, red bell,	Baked potato,	Baked potato, russet, 70 ct, .75
C starchy	VEGETABLE	1/4 cup Lettuce, green	russet, 70 ct, .75 C starchy	C starchy
Carrot, baby Pepper, red bell,	Baked potato, russet, 70 ct, .75	leaf, 1 c serving	Carrot, baby	Carrot, baby Pepper, red bell,
1/4 cup	C starchy	Cucumber	Pepper, red bell, 1/4 cup	1/4 cup
Lettuce, green leaf, 1 c serving	Carrot, baby	FRUIT	Lettuce, green	Lettuce, green leaf, 1 c serving
Cucumber	Pepper, red bell, 1/4 cup	Watermelon	leaf, 1 c serving	Cucumber
FRUIT	Beans, refried, 1/2 cup serving	CONDIMENTS	Cucumber	FRUIT
Banana	Lettuce, green	Sour cream,	FRUIT	Apple
CONDIMENTS	leaf, 1 c serving Cucumber	serving Ranch dressing,	Orange, 1 cup	CONDIMENTS
Sour cream,		housemade	CONDIMENTS	Sour cream,
serving	FRUIT		Sour cream, serving	serving
Ranch dressing, housemade	Apple		Ranch dressing,	Ranch dressing, housemade
	CONDIMENTS		housemade	
	Sour cream, serving			
	Ranch dressing, housemade			
19	20	21	22	23
Week 1 Monday	Week 1 Tuesday	Week 1	Week 1 Thursday	Week 1 Friday
MAIN ENTREE	MAIN ENTREE	Wednesday	MAIN ENTREE	MAIN ENTREE
Grilled Cheese, Whole Grain	Nachos with ground beef	MAIN ENTREE Yogurt and	Pesto Pasta	Cheese pizza, housemade
VEGETABLE	GRAIN	granola	MEAT/MEAT ALTERNATIVE	MEAT/MEAT
	Brown Rice	MEAT/MEAT		ALTERNATIVE
Carrot, baby	DIOWII KICE	ALTERNATIVE	Cottage cheese	Cheddar cheese,

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

Lettuce, o	green VEGETABLE	Pepper, red bell,	FRUIT
leaf, 1 c s	serving	1/4 cup	Apple
Cucumbe	Baked potato, russet, 70 ct, .75 C starchy	Lettuce, green leaf, 1 c serving	Apple CONDIMENTS
FRUIT	Carrot, baby	Cucumber	
Apple	Pepper, red bell, 1/4 cup	Peas, frozen	Sour cream, serving
CONDI	MENTS Lettuce, green	FRUIT	Ranch dressing, housemade
Sour crea	•	Orange, 1 cup	
serving	Cucumber .	CONDIMENTS	
Ranch dre	_	_	
	Pear, 1 cup	Sour cream, serving	
	CONDIMENTS	Ranch dressing, housemade	
	Sour cream, serving	DESSERT	
	Ranch dressing, housemade	Chocolate chip cookies	

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.