

# October 2024

## Harmony Union School District Lunch 24/25

	01	02	03	04
	<p><b>Lunch Entree</b> Bean &amp; Cheese Burrito</p> <p><b>Vegetables</b> Baked potato</p> <p><b>Fruit</b> Apple</p> <p><b>Grains</b> Brown rice</p> <p><b>Milk</b> 1% Milk</p> <p>Fat Free Chocolate Milk</p> <p><b>Misc.</b> Shredded Cheddar Cheese Ranch dressing Balsamic dressing Sour cream Guacamole</p>	<p><b>Lunch Entree</b> Hummus and dipping veggies</p> <p><b>Vegetables</b> Baked potato</p> <p><b>Fruit</b> Fresh Oranges</p> <p><b>Grains</b> Soft baked pretzel</p> <p><b>Milk</b> 1% Milk</p> <p>Fat Free Chocolate Milk</p> <p><b>Misc.</b> Shredded Cheddar Cheese Ranch dressing Balsamic dressing Sour cream</p>	<p><b>Lunch Entree</b> Spaghetti with Tomato Sauce</p> <p><b>Vegetables</b> Baked potato Celery Sticks Baby Carrots Peas</p> <p><b>Fruit</b> Fresh Apple</p> <p><b>Milk</b> 1% Milk</p> <p>Fat Free Chocolate Milk</p> <p><b>Misc.</b> Sour cream Shredded Cheddar Cheese Balsamic dressing Cottage Cheese</p>	<p><b>Lunch Entree</b> Butternut Squash &amp; Chicken Curry</p> <p><b>Vegetables</b> Baked potato</p> <p><b>Fruit</b> Fresh Oranges</p> <p><b>Grains</b> Brown rice</p> <p><b>Milk</b> 1% Milk</p> <p>Fat Free Chocolate Milk</p> <p><b>Misc.</b> Shredded Cheddar Cheese Sour cream Ranch dressing Balsamic dressing</p>
07	08	09	10	11
<p><b>Lunch Entree</b> Sweet and sour pork</p> <p><b>Vegetables</b> Baked potato</p> <p><b>Fruit</b> Pears</p> <p><b>Grains</b> Cornbread</p> <p><b>Milk</b> 1% Milk</p> <p>Fat Free Chocolate Milk</p> <p><b>Misc.</b> Shredded Cheddar Cheese Sour cream Ranch dressing Balsamic dressing</p>	<p><b>Lunch Entree</b> Shredded chicken taco</p> <p><b>Vegetables</b> Baked potato Pinto beans</p> <p><b>Fruit</b> Apple</p> <p><b>Grains</b> Brown rice</p> <p><b>Milk</b> 1% Milk</p> <p>Fat Free Chocolate Milk</p> <p><b>Misc.</b> Shredded Cheddar Cheese Sour cream Ranch dressing Balsamic dressing</p>	<p><b>Lunch Entree</b> Baked tofu</p> <p><b>Vegetables</b> Baked potato Coleslaw, oil and vinegar based</p> <p><b>Fruit</b> Fresh Grapefruit</p> <p><b>Grains</b> Brown rice</p> <p><b>Milk</b> 1% Milk</p> <p>Fat Free Chocolate Milk</p> <p><b>Misc.</b> Shredded Cheddar Cheese Sour cream Ranch dressing Balsamic dressing</p>	<p><b>Lunch Entree</b> Spaghetti with olive oil and garlic</p> <p><b>Vegetables</b> Baked potato Whole Kernal Corn</p> <p><b>Fruit</b> Fresh Oranges</p> <p><b>Desserts</b> Chocolate Chip Cookies</p> <p><b>Milk</b> 1% Milk</p> <p>Fat Free Chocolate Milk</p> <p><b>Misc.</b> Shredded Cheddar Cheese Sour cream Ranch dressing Balsamic dressing 1oz Rd Ft Moz Stng Stck</p>	<p><b>Lunch Entree</b> House cheese pizza</p> <p><b>Vegetables</b> Baked potato Harmony Kale Salad</p> <p><b>Fruit</b> Apple</p> <p><b>Milk</b> 1% Milk</p> <p>Fat Free Chocolate Milk</p> <p><b>Misc.</b> Sour cream Shredded Cheddar Cheese Ranch dressing Balsamic dressing</p>
14	15	16	17	18
<p><b>Lunch Entree</b> Toasted Cheese Sandwich</p> <p><b>Vegetables</b> Baked potato Creamy Tomato Soup</p> <p><b>Fruit</b> Apple</p> <p><b>Milk</b> 1% Milk</p> <p>Fat Free Chocolate Milk</p> <p><b>Misc.</b> Sour cream Shredded Cheddar Cheese Ranch dressing Balsamic dressing</p>	<p><b>Lunch Entree</b> Pork Carnitas Street Tacos</p> <p><b>Vegetables</b> Baked potato Refried Beans</p> <p><b>Fruit</b> Fresh Oranges</p> <p><b>Grains</b> Brown rice</p> <p><b>Milk</b> 1% Milk</p> <p>Fat Free Chocolate Milk</p> <p><b>Misc.</b> Sour cream Shredded Cheddar Cheese Ranch dressing Balsamic dressing Guacamole</p>	<p><b>Lunch Entree</b> Chili with Beans</p> <p><b>Vegetables</b> Baked potato</p> <p><b>Fruit</b> Pears</p> <p><b>Grains</b> Brown rice</p> <p><b>Milk</b> 1% Milk</p> <p>Fat Free Chocolate Milk</p> <p><b>Misc.</b> Sour cream Shredded Cheddar Cheese Ranch dressing Balsamic dressing</p>	<p><b>Lunch Entree</b> Pesto Pasta</p> <p><b>Vegetables</b> Baked potato Peas</p> <p><b>Fruit</b> Apple</p> <p><b>Desserts</b> Chocolate Chip Cookies</p> <p><b>Milk</b> 1% Milk</p> <p>Fat Free Chocolate Milk</p> <p><b>Misc.</b> Sour cream Shredded Cheddar Cheese Ranch dressing Balsamic dressing Cottage Cheese</p>	<p><b>Lunch Entree</b> House cheese pizza</p> <p><b>Vegetables</b> Baked potato Broccoli Florets</p> <p><b>Fruit</b> Fresh Oranges</p> <p><b>Milk</b> 1% Milk</p> <p>Fat Free Chocolate Milk</p> <p><b>Misc.</b> Shredded Cheddar Cheese Sour cream Ranch dressing Balsamic dressing</p>

21	<b>Lunch Entree</b> BBQ Chicken Roasted Drumsticks <b>Vegetables</b> Baked potato Mashed Potatoes <b>Fruit</b> Fresh Banana <b>Grains</b> Cornbread <b>Milk</b> 1% Milk Fat Free Chocolate Milk <b>Misc.</b> Shredded Cheddar Cheese Sour cream Ranch dressing Balsamic dressing	22	<b>Lunch Entree</b> Shredded chicken taco <b>Vegetables</b> Baked potato Pinto beans <b>Fruit</b> Apple <b>Milk</b> 1% Milk Fat Free Chocolate Milk <b>Misc.</b> Shredded Cheddar Cheese Sour cream Ranch dressing Balsamic dressing Guacamole	23	<b>Breakfast Entree</b> Yogurt and granola <b>Vegetables</b> Baked potato Seasoned Oven Roasted Potatoes <b>Fruit</b> Pears <b>Grains</b> Brown rice <b>Milk</b> 1% Milk Fat Free Chocolate Milk <b>Misc.</b> Shredded Cheddar Cheese Sour cream Ranch dressing Balsamic dressing	24	<b>Lunch Entree</b> Baked Penne Pasta <b>Vegetables</b> Baked potato Whole Kernal Corn <b>Fruit</b> Fresh Oranges <b>Milk</b> 1% Milk Fat Free Chocolate Milk <b>Misc.</b> Shredded Cheddar Cheese Sour cream Ranch dressing Balsamic dressing	25	<b>Lunch Entree</b> House cheese pizza <b>Vegetables</b> Baked potato Celery Sticks <b>Fruit</b> Apple <b>Milk</b> 1% Milk Fat Free Chocolate Milk <b>Misc.</b> Shredded Cheddar Cheese Sour cream Ranch dressing Balsamic dressing
28	<b>Lunch Entree</b> Toasted Cheese Sandwich <b>Vegetables</b> Baked potato Carrot Sticks Creamy Tomato Soup <b>Fruit</b> Fresh Banana <b>Milk</b> 1% Milk Fat Free Chocolate Milk	29	<b>Lunch Entree</b> Pork Carnitas Street Tacos <b>Vegetables</b> Baked potato Pinto beans <b>Fruit</b> Apple <b>Grains</b> Brown rice <b>Milk</b> 1% Milk Fat Free Chocolate Milk	30	<b>Lunch Entree</b> Baked tofu <b>Vegetables</b> Baked potato Lentils <b>Fruit</b> Fresh Banana <b>Grains</b> Brown rice <b>Milk</b> 1% Milk Fat Free Chocolate Milk	31			

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