



Harmony Area School District

December 2022 Lunch Menu

Salad, Yogurt or Peanut Butter & Jelly Sandwich available daily as Entrée.









Menu subject to change due to availability



What makes a Lunch Meal?

You must choose at least 3 of 5 components available for the school lunch. Choose from: Meat/Meat Alternate Vegetable, Fruit Grain/Bread And Choice of Milk

IF you (student) wish to 'pick and choose' menu items, then you will be paying ala carte prices instead of receiving the free meal under the CEP program.

Monday	Tuesday	Wednesday	Thursday	Friday
			1 <i>Eat A Red Apple Day</i> Chicken/Bacon/Ranch Sandwich, lettuce, tomato Tater Tots Corn, Apple Milk	2 Dippy Pizza Tossed Salad Pears Milk
5 Hot Ham & Cheese Tater Tots Corn Milk	6 Hamburger, Roll Oven Fries Baked Beans Pears, Milk	7 Chicken Hoagie plain, BBQ or Buffalo Onion Rings or French Fries Fruit Salad, Milk	8 Cook's Choice Corn Applesauce Milk	9 Chicken or Cheese Quesadilla Carrots & Celery w/Dip Apple, Milk
12 Chicken Patty w/Roll Lettuce, Tomato, Cheese Corn, Pears Milk	13 Chili Corn Bread Tossed Salad Strawberry Cup Milk	14 <i>National Biscuits and Gravy Day</i> Chicken & Gravy over Biscuit, Peas & Carrots Orange Quarters Milk	15 Grandma's Goulash (beef, macaroni, tomato) Green Beans Applesauce Milk	16 Stuffed Crust Pizza Caesar Salad Pears Milk
19 Hot Dog w/Roll Chips, Corn Applesauce Milk	20 "Christmas Dinner" Ham, Scalloped Potatoes, Dinner Roll, Sweet Potatoes, Green Beans, Cranberry Sauce, Orange Milk	21 <i>National Hamburger Day</i> Build-A-Burger Hamburger, roll, lettuce tomato, cheese, pickles, onion, bacon, BBQ Baked Beans Milk	22 Hobo or Toasted Cheese Sandwich Tomato Soup, crackers Pineapple Milk	23 Round Pizza Assorted Veggies w/dip Apple Milk
26 No School 	27 No School 	28 No School 	29 No School 	30 No School 



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December 2022 Breakfast Menu

Menu subject to change due to availability.

Monday

Tuesday

Wednesday

Thursday

Friday



			1 Combo Bar w/toast Cereal & Toast Fresh Fruit or Juice Milk	2 HS/MS: Yogurt Parfaits Elem: Gogurt w/Toast Or Cereal & Toast Fresh Fruit or Juice, Milk
5 Pancakes w/syrup or Cereal & Toast Fresh Fruit or Juice Milk	6 Egg scramble on toast Or Cereal & Toast Fresh Fruit or Juice Milk	7 Breakfast Pizza or Cereal & Toast Fresh Fruit or Juice Milk	8 Egg & Bacon on Toast Or Cereal & Toast Fresh Fruit or Juice Milk	9 Assorted Muffins Or Cereal & Toast Fresh Fruit or Juice Milk
12 Pop Tart Or Cereal & Toast Fresh Fruit or Juice Milk	13 Combo Bar w/toast Or Cereal & Toast Fresh Fruit or Juice Milk	14 HS/MS Breakfast Sandwich Elem: cheesy egg patty on toast or Cereal & Toast Fresh Fruit or Juice Milk	15 Cook's Choice or Cereal & Toast Fresh Fruit or Juice Milk	16 HS/MS: Yogurt Parfaits Elem: Gogurt w/toast Or Cereal & Toast Fresh Fruit or Juice Milk
19 Mini Cini or Cereal & Toast Fresh Fruit or Juice Milk	20 Combo Bar w/toast or Cereal & Toast Fresh Fruit or Juice Milk	21 Egg & Bacon on Toast or Cereal & Toast Fresh Fruit or Juice Milk	22 Funnel Cake or Cereal & Toast Fresh Fruit or Juice Milk	23 Assorted Muffins Or Cereal & Toast Fresh Fruit or Juice Milk
26 No School 	27 No School 	28 No School 	29 No School 	30 No School 

What makes a Breakfast Meal?

You must choose at least 3 components available for the school Breakfast. A Grain/Bread, Protein, Fruit OR Juice, And Choice of Milk

IF you (student) wish to 'pick and choose' menu items, then you will be paying ala carte prices instead of receiving the free meal under the CEP program.