



Harmony Area School District

February 2023 Lunch Menu



Salad; Yogurt or Peanut Butter & Jelly Sandwich w/cheese stick available daily as Entrée.
Menu subject to change due to availability!

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|--|---|
| 1/30 Bacon Cheese Burger Oven Fries Corn Peaches Milk | 1/31 Chicken Fingers w/roll Smiley Fries Carrots Mixed Fruit Milk | 1 Taco (hard or soft shell) Lettuce, tomato, cheese, salsa, sour cream  Black Beans, Corn Pears, Milk | 2 Cook's Choice Vegetable Fruit Milk | 3 Stromboli with sauce Assorted Veggies w/dip Apple Milk |
| 6 Fish Sticks w/roll Seasoned Curley Fries Applesauce Mixed Fruit Milk | 7 'KFC Bowl' Popcorn chicken, mashed potatoes, cheese, gravy Dinner Roll, Corn Fruit Salad Milk | 8 BBQ or Plain Pulled Pork Reg. or Pretzel Roll Cole Slaw Pineapple Tidbits Milk | 9 BBQ or Rotisserie Chicken, Parsley Potatoes, Dinner Roll, Green Beans Peach cup, Milk | 10 Stuffed Crust Pizza Caesar Salad Apple Milk |
| 13 Chicken Tenders Roll Smiley Fries Carrots Mixed Fruit Milk  | 14 Chili Corn Dog Tossed Salad Strawberry cup Milk | 15 Hot Turkey Sandwich Oven Fries Broccoli Peach Cup Milk | 16 Plain, BBQ or Buffalo Chicken Hoagie Oven Fries, Corn Banana Milk | 17 Act 80 Day No School for Students! |
| 20 No School | 21 'Grandma's Goulash' (hamburger, macaroni, tomato sauce, cheese) Mixed Vegetables Applesauce, Milk | 22 Fish Nuggets w/roll Mac & Cheese Stewed Tomatoes Pears Milk | 23 Sloppy Jo Baked Potato butter, sour cream, bacon bits Corn, Orange Quarters Milk | 24 Homemade Pizza OR Fish Sticks w/roll Assorted Veggies w/dip Banana Milk  |
| 27 Hot Dog w/roll Baked Beans Smiley Fries Peaches Milk | 28 Chicken Fajitas Peppers & Onions Spanish Rice Mandarin Oranges Milk | 3/1 Spaghetti w/meat sauce Bread Stick Tossed Salad Applesauce Milk | 3/2 Chicken and gravy over warm biscuit Carrots & Peas Orange Quarters Milk | 3/3 Cheese or Chicken Quesadilla Celery & Carrots w/dip Strawberry Cup Milk |



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February 2023 Breakfast Menu

Menu subject to change due to availability



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|--|--|
| 1/30 Pop Tart Or Cereal and Toast Fresh Fruit or Juice Milk | 1/31 Sausage Gravy on warm biscuit Or Cereal and Toast Fresh Fruit or Juice Milk | 1 Combo Bar w/toast Or Cereal and Toast Fresh Fruit or Juice Milk | 2 Bagel Or Cereal and Toast Fresh Fruit or Juice Milk | 3 Muffin Or Cereal and Toast Fresh Fruit or Juice Milk |
| 6 Cereal Bar Or Cereal & Toast Fresh Fruit or Juice Milk | 7 Funnel Cake or Cereal & Toast Fresh Fruit or Juice Milk | 8 HS/MS Cheesy Egg Patty w/Bacon on toast Elem: Cheesy Egg Patty on toast Or Cereal and Toast Fresh Fruit or Juice Milk | 9 Cook's Choice or Cereal and Toast Fresh Fruit or Juice Milk | 10 HS/MS: Yogurt Parfait Elem: Gogurt & Toast Or Cereal and Toast Fresh Fruit or Juice Milk |
| 13 Apple Frudel Or Cereal and Toast Fresh Fruit or Juice Milk | 14 Breakfast Pizza Or Cereal and Toast Fresh Fruit or Juice Milk | 15 Combo Bar w/toast Or Cereal and Toast Fresh Fruit or Juice Milk | 16 Bagel Or Cereal and Toast Fresh Fruit or Juice Milk | 17 Act 80 Day |
| 20 No School | 21 Cereal Bar or Cereal & Toast Fresh Fruit or Juice Milk | 22 French Toast Sticks w/syrup or Or Cereal and Toast Fresh Fruit or Juice Milk | 23 Muffin Or Cereal and Toast Fresh Fruit or Juice Milk | 24 HS/MS: Yogurt Parfait Elem: Gogurt & Toast Or Cereal and Toast Fresh Fruit or Juice Milk |
| 27 Pop Tart or Cereal & Toast Fresh Fruit or Juice Milk | 28 Sausage Gravy on warm biscuit Or Cereal and Toast Fresh Fruit or Juice Milk | 3/1 Combo Bar w/toast Or Cereal and Toast Fresh Fruit or Juice Milk | 3/2 Cook's Choice or Cereal and Toast Fresh Fruit or Juice Milk | 3/3 Muffin Or Cereal and Toast Fresh Fruit or Juice Milk |