



# Harmony Area School District

## August/September 2022 Lunch Menu



Yogurt or PBJ Sandwich w/cheese stick available daily as Entrée.

Monday	Tuesday	Wednesday	Thursday	Friday
8/22 Teacher In Service	8/23 Teacher In Service	8/24 Teacher In Service	8/25 Hot Dog, Chips Baked Beans Applesauce Milk	8/26 French Bread Pizza Veggies & Dip Orange Quarters Milk
<b>WELCOME BACK TO SCHOOL</b>				
8/29 Chicken Patty w/roll Oven Fries Sliced Peaches Milk	8/30 Walking Taco <small>Tortilla chips, meat sauce, shredded cheese, sour cream, salsa</small> Black Beans Mixed Fruit, Milk	8/31 Ham Sandwich Plain, or BBQ Plain or Pretzel Roll Green Beans, Applesauce Milk	9/1 Chicken Fajitas Peppers & Onions Spanish Rice Fruit Salad , Milk	9/2 Homemade Pizza Veggies with Dip Apple Milk
9/5 NO SCHOOL	9/6 Bacon Cheese Burger Baked Beans Orange Quarters Milk	9/7 Pita Pockets <small>(egg salad, tuna salad or ham salad)</small> Chips, Cucumber slices w/dip, Mixed Fruit Milk	9/8 Cook's Choice Milk	9/9 Stuffed Crust Pizza Tossed Salad Grapes Milk
9/12 Chicken Nuggets Roll, Smiley Fries Diced Peaches Milk	9/13 Nachos, cheese sauce, meat sauce, Refried Beans, Mixed Fruit Milk	9/14 'KFC' bowl, Popcorn chicken, mashed potatoes, gravy, cheese, corn, Dinner Roll, Mandarin Oranges, Milk	9/15 Meatball Hoagie, Tater Tots Sliced Carrots, <b>Banana</b> Milk	9/16 Stromboli with sauce Caesar Salad Apple Milk
9/19 General Tso's or Sweet&Sour Chicken Rice, Broccoli, Fortune Cookie, Orange Quarters, Milk	9/20 Chili, Corn Dog Tossed Salad Sliced Peaches Milk	9/21 Pulled Pork, bbq or plain Plain or Pretzel Roll Coleslaw, Applesauce Milk	9/22 Hoagie, lettuce, tomato, pickle chips Potato chips, pudding Apple Milk	9/23 Dippy Pizza Assorted Veggies w/dip Grapes Milk
9/26 Hot Dog with Roll Tater Tots, Pretzels Applesauce Milk	9/27 Tuna Noodle Casserole Dinner Roll, Peas Peach Cup Milk	9/28 Chicken Hoagie (bbq, buffalo, plain) Tossed Salad Pineapple Tidbits, Milk	9/29 Cook's Choice Milk	9/30 Round Pizza Cucumber Slices w/dip Apple Milk



**Harmony Area School District**  
**August/September 2022 Breakfast Menu**  
 Menu subject to change due to availability.



Monday	Tuesday	Wednesday	Thursday	Friday
			8/25 Cereal Bars Or Cereal & Toast Fresh Fruit & Juice Milk	8/26 Muffin Or Cereal & Toast Fresh Fruit & Juice Milk
8/29 Mini Cinie or Cereal & Toast Fresh Fruit & Juice Milk	8/30 Breakfast Pizza or Cereal & Toast Fresh Fruit & Juice Milk	8/31 Cheesy Egg Patty w/bacon Or Cereal & Toast Fresh Fruit & Juice Milk	9/1 Assorted Muffins or Cereal & Toast Fresh Fruit & Cheese Milk	9/2 HS/MS: Yogurt Parfaits Elem: Gogurt with toast Or Cereal & Toast Fresh Fruit & Juice Milk
9/5 NO SCHOOL	9/6 Pop Tart Or Cereal & Toast Fresh Fruit & Juice Milk	9/7 French Toast Sticks w/ syrup Or Cereal & Toast Fresh Fruit or Juice Milk	9/8 Bagels w/Cr. Cheese & Jelly or Cereal & Toast Fresh Fruit or Juice Milk	9/9 Muffin Or Cereal & Toast Fresh Fruit & Juice Milk
9/12 Cereal Bar Or Cereal & Toast Fresh Fruit & Juice Milk	9/13 Combo Bar & Toast Or Cereal & Toast Fresh Fruit & Juice Milk	9/14 Cook's Choice Or Cereal & Toast Fresh Fruit & Juice Milk	9/15 Assorted Muffins Or Cereal & Toast Fresh Fruit & Juice Milk	9/16 HS/MS: Yogurt Parfaits Elem: Gogurt with toast or Cereal & Toast Fresh Fruit & Juice Milk
9/19 Mini Cinie Or Cereal & Toast Fresh Fruit & Juice Milk	9/20 Egg Scramble w/toast Or Cereal & Toast Fresh Fruit & Juice Milk	9/21 Sausage Gravy w/Biscuit Or Cereal & Toast Fresh Fruit & Juice Milk	9/22 Bagel w/cream cheese/jelly Or Cereal & Toast Fresh Fruit & Juice Milk	9/23 Muffin Or Cereal & Toast Fresh Fruit & Juice Milk
9/26 Waffles & syrup Or Cereal & Toast Fresh Fruit & Juice Milk	9/27 Combo Breakfast Bar w/toast Or Cereal & Toast Fresh Fruit & Juice Milk	9/28 Cook's Choice Or Cereal & Toast Fresh Fruit & Juice Milk	9/29 Assorted Muffins Or Cereal & Toast Fresh Fruit & Juice Milk	9/30 HS/MS: Yogurt Parfaits Elem: Gogurt with toast or Cereal & Toast Fresh Fruit & Juice Milk