

Harmony School Of Science Breakfast and Lunch Menu

SEPT

MENU 2022

GEAR UP FOR DANCE



ANNOUNCEMENTS:

A la Carte Milk 0.50c

All Breakfast and Lunch comes with a side of fruit and Milk.

Sept. 5th Labor Day (No School)

Sep. 16th (No School)

Sept. 19th Student Holiday (No School)

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

5TH
Labor Day
No School

6TH
Egg w/Chorizo
2 WW Bread
Chicken Alfredo
Penne Pasta
Romaine Salad

7TH
Waffles with Syrup
Picadillo Stew
Mexican Rice
Mixed Veggies

8TH
Yogurt & Granola
Chicken Nuggets
Mac & Cheese
Peas & Carrots

9TH
Cold Cereal
Banana Fresh
Supreme Nachos
W/Beef & Beans
Tossed Salad

12TH
Turkey
Sausage with
2 WW Bread
Cheeseburger &
French Fries

13TH Oatmeal
Popcorn Chicken
Baby Carrots
Mashed Potatoes
Toasted Bread

14TH
Yogurt & Granola
Pasta Casserole
Steamed Corn
WW Bread

15TH Egg w/Chorizo
2 WW Bread
Chicken Teriyaki
White Rice
Steamed Corn

16TH
No School

19TH
Student Holiday
No School

20TH Egg w/Turkey
2 WW Bread
Chicken Burger
French Fries
Romaine & Tomato

21ST
Pancakes/Syrup
Meatballs
White Rice
Mixed Veggies
Corn Chips

22ND
Grilled Cheese w/Ham
WW Bread
Chicken Fingers
Steamed Corn
WW Bread

23RD
Concha
White or Chocolate
Supreme Nachos
W/Beef & Beans
Tossed Salad

26TH Egg w/Chorizo
2 WW Bread
Corn Dog
French Fries
Baby Carrots

27TH Yogurt/Granola
Chicken Alfredo
Penne Pasta
Peas & Carrots

28TH Oatmeal
Toasted Bread
Cheeseburger
French Fries

29TH
Waffles with Syrup
Tostadas Tapatias
Beans & Cheese
Mexican Rice

30TH
Cold Cereal
Banana Fresh
Peperoni Pizza
Tossed Salad



Food and Nutrition Division
National School Lunch Program



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

This product was funded by USDA.
This institution is an equal opportunity provider.



Updated 9/1/2022
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