

# May

## HARMONY HOT BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> <li>dipperdoodle bar</li> <li>assorted cereal</li> </ul> <p>1</p>	<ul style="list-style-type: none"> <li>french toast muffin</li> <li>assorted cereal</li> <li>HOT waffle sticks</li> </ul> <p>2</p>	<ul style="list-style-type: none"> <li>bagel w/ cream cheese</li> <li>assorted cereal</li> <li>HOT buenos dias burrito</li> </ul> <p>3</p>	<ul style="list-style-type: none"> <li>blueberry muffin</li> <li>assorted cereal</li> <li>HOT chicken chorizo &amp; cheese english muffin</li> </ul> <p>4</p>	<ul style="list-style-type: none"> <li>cinnamon crumble</li> <li>assorted cereal</li> <li>HOT omelet w/ cheese</li> </ul> <p>5</p>
<ul style="list-style-type: none"> <li>zee zees apple crisp bar</li> <li>assorted cereal</li> </ul> <p>8</p>	<ul style="list-style-type: none"> <li>granola &amp; yogurt</li> <li>assorted cereal</li> <li>HOT pancakes</li> </ul> <p>9</p>	<ul style="list-style-type: none"> <li>french toast muffin</li> <li>assorted cereal</li> <li>HOT chicken sausage &amp; cheese bagel</li> </ul> <p>10</p>	<ul style="list-style-type: none"> <li>cinnamon crumble</li> <li>assorted cereal</li> <li>HOT cheesy bean burrito</li> </ul> <p>11</p>	<ul style="list-style-type: none"> <li>blueberry bagel</li> <li>assorted cereal</li> <li>HOT cinnamon toast bagel</li> </ul> <p>12</p>
<ul style="list-style-type: none"> <li>dipperdoodle bar</li> <li>assorted cereal</li> </ul> <p>15</p>	<ul style="list-style-type: none"> <li>french toast muffin</li> <li>assorted cereal</li> <li>HOT chicken chorizo &amp; cheese english muffin</li> </ul> <p>16</p>	<ul style="list-style-type: none"> <li>bagel w/ cream cheese</li> <li>assorted cereal</li> <li>HOT omelet w/ cheese</li> </ul> <p>17</p>	<ul style="list-style-type: none"> <li>blueberry muffin</li> <li>assorted cereal</li> <li>HOT buenos dias burrito</li> </ul> <p>18</p>	<ul style="list-style-type: none"> <li>cinnamon crumble</li> <li>assorted cereal</li> <li>HOT waffle sticks</li> </ul> <p>19</p>
<ul style="list-style-type: none"> <li>zee zees apple crisp bar</li> <li>assorted cereal</li> </ul> <p>22</p>	<ul style="list-style-type: none"> <li>granola &amp; yogurt</li> <li>assorted cereal</li> <li>HOT pancakes</li> </ul> <p>23</p>	<ul style="list-style-type: none"> <li>french toast muffin</li> <li>assorted cereal</li> <li>HOT chicken sausage &amp; cheese bagel</li> </ul> <p>24</p>	<ul style="list-style-type: none"> <li>cinnamon crumble</li> <li>assorted cereal</li> <li>HOT cheesy bean burrito</li> </ul> <p>25</p>	<p>26</p>
<p>29</p>	<p>30</p>	<p>31</p>		

### what's new?

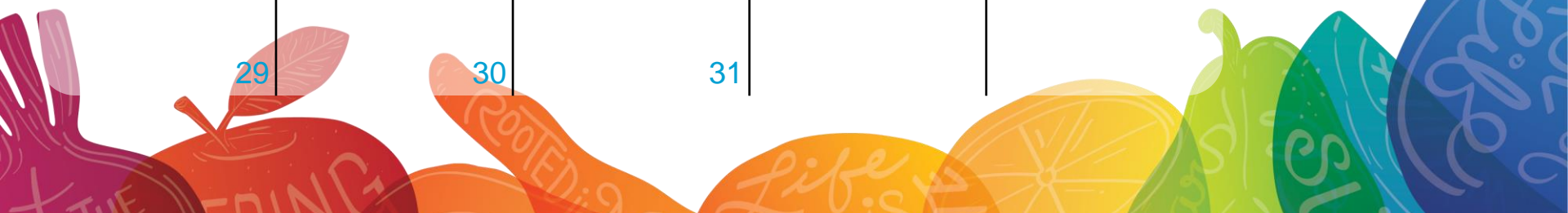
We're introducing a **new omelet!** Made with real eggs and Colby cheese, omelets are a great source of protein to help you stay satisfied and focused all morning long

**Look for our classic cheese omelet on the menu on April 5 and April 17!**

**Breakfast:** choice of 1% or fat-free milk; fresh fruit available daily except when fruit juice is offered twice per week.

**Dairy-free (DF) and vegetarian (V)** options available daily – if not listed on the menu, available upon request.

*This institution is an equal opportunity provider*



# May

## HARMONY LUNCH K-12

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> <li>• chicken bites (DF)</li> <li>• cheese enchiladas (VG)</li> <li>• turkey &amp; cheese</li> <li>○ steamed carrots</li> </ul> <p style="text-align: right;">1</p>	<ul style="list-style-type: none"> <li>• spaghetti and meatballs (DF)</li> <li>• mac &amp; cheese w/ chicken sausage</li> <li>• sunbutter &amp; jelly (VG)</li> <li>○ cucumber w/ ranch</li> </ul> <p style="text-align: right;">2</p>	<ul style="list-style-type: none"> <li>• papa john's pizza</li> <li>○ glazed carrots</li> </ul> <p style="text-align: right;">3</p>	<ul style="list-style-type: none"> <li>• cheese ravioli (VG)</li> <li>• hotdog (DF)</li> <li>• mighty meaty deli combo</li> <li>○ broccoli florets</li> </ul> <p style="text-align: right;">4</p>	<ul style="list-style-type: none"> <li>• fiesta scoops (VG)</li> <li>• chicken tamale</li> <li>• sesame chicken wrap (DF)</li> <li>○ black beans</li> <li>○ grape tomatoes w/ranch</li> </ul> <p style="text-align: right;">5</p>
<ul style="list-style-type: none"> <li>• cheese panada pie (VG)</li> <li>• mac &amp; cheese w/ chicken bites</li> <li>• mighty meaty deli combo</li> <li>○ steamed carrots</li> </ul> <p style="text-align: right;">8</p>	<ul style="list-style-type: none"> <li>• hotdog (DF)</li> <li>• buffalo chicken crunchadilla</li> <li>• taco dippers (VG)</li> <li>○ steamed corn</li> </ul> <p style="text-align: right;">9</p>	<ul style="list-style-type: none"> <li>• papa john's pizza</li> <li>○ green beans</li> </ul> <p style="text-align: right;">10</p>	<ul style="list-style-type: none"> <li>• crispy chicken sandwich (DF)</li> <li>• breakfast for lunch: pancakes w/ chicken sausage</li> <li>• sunbutter &amp; jelly (VG)</li> <li>○ broccoli florets</li> </ul> <p style="text-align: right;">11</p>	<ul style="list-style-type: none"> <li>• firecracker chicken</li> <li>• pepperoni calzoni (VG)</li> <li>• chicken salad sandwich (DF)</li> <li>○ pinto beans</li> <li>○ baby carrots w/ ranch</li> </ul> <p style="text-align: right;">12</p>
<ul style="list-style-type: none"> <li>• cheese lasagna (VG)</li> <li>• crispy chicken sandwich (DF)</li> <li>• turkey &amp; cheese</li> <li>○ glazed carrots</li> </ul> <p style="text-align: right;">15</p>	<ul style="list-style-type: none"> <li>• hotdog (DF)</li> <li>• cheese ravioli (VG)</li> <li>• sunbutter &amp; jelly (VG)</li> <li>○ green beans</li> </ul> <p style="text-align: right;">16</p>	<ul style="list-style-type: none"> <li>• papa john's pizza</li> <li>○ steamed corn</li> </ul> <p style="text-align: right;">17</p>	<ul style="list-style-type: none"> <li>• chicken bites (DF)</li> <li>• pasta alfredo (VG)</li> <li>• mighty meaty deli combo</li> <li>○ broccoli florets</li> </ul> <p style="text-align: right;">18</p>	<ul style="list-style-type: none"> <li>• breakfast for lunch: pancakes w/ omelet (VG)</li> <li>• pepperoni calzoni (VG)</li> <li>• chicken salad sandwich (DF)</li> <li>○ edamame</li> <li>○ grape tomatoes w/ ranch</li> </ul> <p style="text-align: right;">19</p>
<ul style="list-style-type: none"> <li>• cheese pizza panada pie (VG)</li> <li>• mac &amp; cheese w/ chicken bites</li> <li>• mighty meaty deli combo</li> <li>○ green beans</li> </ul> <p style="text-align: right;">22</p>	<ul style="list-style-type: none"> <li>• chicken taco trio</li> <li>• fiesta scoops (VG)</li> <li>• sesame chicken wrap (DF)</li> <li>○ steamed corn</li> </ul> <p style="text-align: right;">23</p>	<ul style="list-style-type: none"> <li>• papa john's pizza</li> <li>○ side salad w/ ranch</li> </ul> <p style="text-align: right;">24</p>	<ul style="list-style-type: none"> <li>• breakfast for lunch: pancakes w/ chicken sausage</li> <li>• crispy chicken sandwich (DF)</li> <li>• sunbutter &amp; jelly (VG)</li> <li>○ glazed carrots</li> </ul> <p style="text-align: right;">25</p>	<p style="text-align: right;">26</p>
<p style="text-align: right;">29</p>	<p style="text-align: right;">30</p>	<p style="text-align: right;">31</p>		

## cinco de mayo!

In Mexico, tamales are traditionally served to celebrate holidays or special occasions

Our **new Mama's Tamales** come in two flavors: red chile chicken and mild green chile & cheese. Both are prepared traditionally and individually hand wrapped in a corn husk before being steamed.

**Look for tamales on the menu on Cinco de Mayo! (That's May 5<sup>th</sup>)**

**Lunch:** choice of 1% or fat-free milk; fresh fruit available daily.

**Dairy-free (DF) and vegetarian (V)** options available daily – if not listed on the menu, available upon request.

○ Vegetable of the day

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