



# Harmony Area School District

## January Lunch Menu

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

Menu subject to change due to availability.



Monday

Tuesday

Wednesday

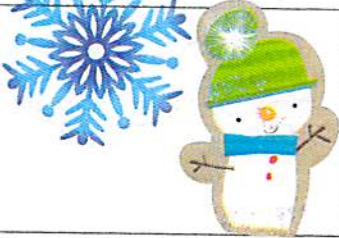

Thursday

Friday

 1 NO SCHOOL	2 Hamburger w/ Roll Lettuce, Tomato, Cheese Oven Fries Pears Milk	3 Meatloaf Scalloped Potatoes Glazed Carrots Peaches Milk	4 Stuffed Crust Pizza Tossed Salad Banana Milk
7 Nacho's & Cheese Meat Sauce Tater Tots Peaches Milk	8 Chicken Parmesan w/ Spaghetti Bread Stick Tossed Salad Strawberry Cup, Milk	 9 Hoagie Lettuce, Tomato, Pickles Potato Chips, Peppers Pudding, Apple Milk	10 Chili Corn Dog Carrots & Celery Mixed Fruit Milk
 14 Hotdog w/ Homemade or Reg. Roll Baked Beans Carrots & Celery Peaches, Milk	15 Grilled Chicken Salad w/ Veggies Oven Fries Apple Crisp Milk	16 Veg. Beef Soup Deli Sandwich Cucumber Slices Mandarin Oranges Milk	17 Plain, BBQ, or Buffalo Chicken Hoagie Tater Tots Apple Milk
21 French Toast Sticks Sausage Patties Hash Brown Patty Peaches Milk	22 General Tso's or Sw.& Sour Chicken w/ Rice Broccoli Pineapple Milk	 23 Steak & Cheese Hoagie w/Peppers & Onions Green Beans Grapes Milk	24 Pork Roast Mashed Potatoes Sauerkraut Peach Cups Milk
 28 Walking Taco's Lettuce, Tomato, Cheese Refried Beans Orange Milk	29 Sloppy Joe w/ Roll Baked Potato Butter, Sr.cream, Cheese Apple Milk	 30 Chicken Gravy & Biscuit Or Hotdog w/ Roll Peas Pears Milk	31 Lasagna Tossed Salad Garlic Bread Stick Strawberry Cup Milk
	 11 Homemade Pizza Green Beans Oranges Milk	18 Round Pizza Tossed Salad Applesauce Milk	 25 Stromboli w/ Sauce Pepper Strips Banana Milk
			

**Harmony Area School District**  
**MS/HS January Breakfast Menu**  
 Menu subject to change due to availability.

**Tuesday**                      **Wednesday**                      **Thursday**                      **Friday**

	<p align="center">1</p> <p align="center">NO SCHOOL</p>	<p align="center">2</p> <p align="center">Cereal Bars &amp; Bags Or Cereal &amp; Toast Fresh Fruit &amp; Juice Milk</p>	<p align="center">3</p> <p align="center">Assorted Bagels w/ Cr. Cheese &amp; Jelly or Cereal &amp; Toast Fresh Fruit &amp; Cheese Milk</p>	<p align="center">4</p> <p align="center">Yogurt Parfaits Or Cereal &amp; Toast Fresh Fruit &amp; Juice Milk</p>
<p align="center">7</p> <p align="center">Poptarts Or Cereal &amp; Toast Fresh Fruit &amp; Juice Milk</p>	<p align="center">8</p> <p align="center">Breakfast Pizza or Cereal &amp; Toast Fresh Fruit &amp; Juice Milk</p>	<p align="center">9</p> <p align="center">Funnel Cake or Cereal &amp; Toast Fresh Fruit &amp; Juice Milk</p>	<p align="center">10</p> <p align="center">Assorted Bagels w/ Cr. Cheese &amp; Jelly or Cereal &amp; Toast Fresh Fruit &amp; Cheese Milk</p>	<p align="center">11</p> <p align="center">Yogurt Parfaits Or Cereal &amp; Toast Fresh Fruit &amp; Juice Milk</p>
<p align="center">14</p> <p align="center">Mini Cinnies Or Cereal &amp; Toast Fresh Fruit &amp; Juice Milk</p>	<p align="center">15</p> <p align="center">Cheese Omelet &amp; Toast or Cereal &amp; Toast Fresh Fruit &amp; Juice Milk</p>	<p align="center">16</p> <p align="center">French Toast Sticks Or Cereal &amp; Toast Fresh Fruit &amp; Juice Milk</p>	<p align="center">17</p> <p align="center">Assorted Bagels w/ Cr. Cheese &amp; Jelly or Cereal &amp; Toast Fresh Fruit &amp; Juice Milk</p>	<p align="center">18</p> <p align="center">Yogurt Parfaits or Cereal &amp; Toast Fresh Fruit &amp; Juice Milk</p>
<p align="center">21</p> <p align="center">COOK'S CHOICE</p>	<p align="center">22</p> <p align="center">Sausage Gravy &amp; Biscuit Or Cereal &amp; Toast Fresh Fruit &amp; Juice Milk</p>	<p align="center">23</p> <p align="center">Pancakes &amp; Syrup Or Cereal &amp; Toast Fresh Fruit &amp; Juice Milk</p>	<p align="center">24</p> <p align="center">Assorted Bagels w/ Cr. Cheese &amp; Jelly or Cereal &amp; Toast Fresh Fruit &amp; Juice Milk</p>	<p align="center">25</p> <p align="center">Yogurt Parfaits or Cereal &amp; Toast Fresh Fruit &amp; Juice Milk</p>
<p align="center">28</p> <p align="center">Apple Turnover Or Cereal &amp; Toast Fresh Fruit &amp; Juice Milk</p>	<p align="center">29</p> <p align="center">Combo Bar &amp; Toast Or Cereal &amp; Toast Fresh Fruit &amp; Juice Milk</p>	<p align="center">30</p> <p align="center">Waffles &amp; Syrup Or Cereal &amp; Toast Fresh Fruit &amp; Juice Milk</p>	<p align="center">31</p> <p align="center">Assorted Bagels w/ Cr. Cheese &amp; Jelly or Cereal &amp; Toast Fresh Fruit &amp; Juice Milk</p>	

# Harmony Area School District

## Elem. January Breakfast Menu

Menu subject to change due to availability.



Tuesday

Wednesday

Thursday

Friday

	1 NO SCHOOL	2 Cereal Bars & Bags Or Cereal & Toast Fresh Fruit & Juice Milk	3 Assorted Muffins or Cereal & Toast Fresh Fruit & Cheese Milk	4 Yogurt & Toast Or Cereal & Toast Fresh Fruit & Juice Milk
7 Poptarts Or Cereal & Toast Fresh Fruit & Juice Milk	8 Breakfast Pizza or Cereal & Toast Fresh Fruit & Juice Milk	9 Funnel Cake or Cereal & Toast Fresh Fruit & Juice Milk	10 Bagels w/ Cr. Cheese & Jelly or Cereal & Toast Fresh Fruit & Cheese Milk	11 Yogurt & Muffin Or Cereal & Toast Fresh Fruit & Juice Milk
14 Mini Cinnies Or Cereal & Toast Fresh Fruit & Juice Milk	15 Cheese Omelet & Toast or Cereal & Toast Fresh Fruit & Juice Milk	16 French Toast Sticks Or Cereal & Toast Fresh Fruit & Juice Milk	17 Assorted Muffins or Cereal & Toast Fresh Fruit & Juice Milk	18 Yogurt & Toast or Cereal & Toast Fresh Fruit & Juice Milk
21 COOK'S CHOICE	22 Egg, Bacon Scramble w/ Biscuit or Cereal & Toast Fresh Fruit & Juice Milk	23 Pancakes & Syrup Or Cereal & Toast Fresh Fruit & Juice Milk	24 Bagels w/ Cr. Cheese & Jelly or Cereal & Toast Fresh Fruit & Juice Milk	25 Yogurt & Muffin or Cereal & Toast Fresh Fruit & Juice Milk
28 Apple Turnover Or Cereal & Toast Fresh Fruit & Juice Milk	29 Combo Bar & Toast Or Cereal & Toast Fresh Fruit & Juice Milk	30 Waffles & Syrup Or Cereal & Toast Fresh Fruit & Juice Milk	31 Assorted Muffins or Cereal & Toast Fresh Fruit & Juice Milk	