



## Harmony Area School District

### Sept. 2019 Lunch Menu

Salad, Yogurt or Peanut Butter & Jelly Sandwich w/ cheese stick available daily as Entrée.

Menu subject to change due to availability

<p>2</p>  <p><b>NO SCHOOL!</b></p>	<p>3</p> <p>Chicken Patty w/ Roll Lettuce, Tomato, Cheese Oven Fries Peaches Milk</p>	<p>4</p> <p>Taco's Lettuce, Tomato, Cheese Refried Beans, Corn Orange Milk</p>	<p>5</p> <p>Plain or BBQ Rib Sandwich Broccoli w/ Cheese Raisins Milk</p>	<p>6</p> <p>French Bread Pizza Caesar Salad Milk</p>
<p>9</p> <p>Bacon Cheese Burger Oven Fries Pineapple Milk</p>	<p>10</p> <p>Fish Sandwich Mac &amp; Cheese Stewed Tomatoes Applesauce Milk</p>	<p>11</p> <p>Hot Roast Beef Sandwich Mashed Potatoes Mandarin Oranges Milk</p>	<p>12</p> <p>Chicken Nuggets w/ Roll Curley Fries Pepper Strips Banana Milk</p>	<p>13</p> <p>Stuffed Crust Pizza Veggies &amp; Dip Apple Milk</p>
<p>16</p> <p>Grilled Chicken Salad Oven Fries Dinner Roll Peaches Milk</p>	<p>17</p> <p>Plain or BBQ Ham w/ Roll Buttered Noodles Green Beans Apple, Milk</p>	<p>18</p> <p>Hobo or Toasted Cheese Tomato Soup Veggies &amp; Dip Orange Milk</p>	<p>19</p> <p>Hoagie Potato Chips Pepper Strips Choc. or Van. Pudding Mixed Fruit, Milk</p>	<p>20</p> <p>Stromboli Caesar Salad Apple Milk</p>
<p>23</p> <p>Ham &amp; Cheese Sandwich Oven Fries Green Beans Mixed Fruit Milk</p>	<p>24</p> <p>"KFC" Bowl Mashed Potatoes, Gravy Cheese, Corn Dinner Roll Orange, Milk</p>	<p>25</p> <p>Spaghetti &amp; Meatballs Tossed Salad Garlic Bread Stick Applesauce Milk</p>	<p>26</p> <p>Cook's Choice Banana Milk</p>	<p>27</p> <p>Round Pizza Veggies &amp; Dip Apple Milk</p>
<p>30</p> <p>Turkey &amp; Cheese Sub Lettuce, Tomato California Blend Veg. Applesauce Pears, Milk</p>	<p><b>Have a Great Year!</b></p>			



**Harmony Area School District**  
**MS/HS September 2019 Breakfast Menu**  
 Menu subject to change due to availability.



Monday	Tuesday	Wednesday	Thursday	Friday
2  NO SCHOOL	3  Apple Frudel or Cereal & Toast Fresh Fruit & Juice Milk	4  Cheese Omelet or Cereal & Toast Fresh Fruit & Juice Milk	5  Bagel w/crm cheese/jelly or Cereal & Toast Fresh Fruit & Juice Milk	6  Yogurt Parfaits or Cereal & Toast Fresh Fruit & Juice Milk
9  Cereal Bar or Cereal & Toast Fresh Fruit & Juice Milk	10  Breakfast Pizza or Cereal & Toast Fresh Fruit & Juice Milk	11  Pancakes & Syrup or Cereal & Toast Fresh Fruit & Juice Milk	12  Assorted Muffins or Cereal & Toast Fresh Fruit & Cheese Milk	13  Yogurt Parfaits Or Cereal & Toast Fresh Fruit & Juice Milk
16  Pop tart Or Cereal & Toast Fresh Fruit & Juice Milk	17  Sausage Gravy w/Biscuit or Cereal & Toast Fresh Fruit & Juice Milk	18  French Toast Sticks w/ syrup Or Cereal & Toast Fresh Fruit or Juice Milk	19  Bagels w/Cr. Cheese & Jelly or Cereal & Toast Fresh Fruit or Juice Milk	20  Yogurt Parfaits or Cereal & Toast Fresh Fruit & Juice Milk
23  S'more Turnover Or Cereal & Toast Fresh Fruit & Juice Milk	24  Combo Bar & Toast Or Cereal & Toast Fresh Fruit & Juice Milk	25  Cook's Choice Or Cereal & Toast Fresh Fruit & Juice Milk	26  Assorted Muffins or Cereal & Toast Fresh Fruit & Juice Milk	27  Yogurt Parfaits or Cereal & Toast Fresh Fruit & Juice Milk
30  Mini Cinies Or Cereal & Toast Fresh Fruit & Juice Milk	<b>HAVE A GREAT YEAR!</b>			



**Harmony Area School District**  
**Elem. September 2019 Breakfast Menu**  
 Menu subject to change due to availability.



**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

<p>2 NO SCHOOL</p>	<p>3 Apple Frudel or Cereal &amp; Toast Fresh Fruit &amp; Juice Milk</p>	<p>4 Cheese Omelet or Cereal &amp; Toast Fresh Fruit &amp; Juice Milk</p>	<p>5 Bagel w/crm cheese/jelly or Cereal &amp; Toast Fresh Fruit &amp; Juice Milk</p>	<p>6 Gogurt &amp; Muffin or Cereal &amp; Toast Fresh Fruit &amp; Juice Milk</p>
<p>9 Cereal Bar or Cereal &amp; Toast Fresh Fruit &amp; Juice Milk</p>	<p>10 Breakfast Pizza or Cereal &amp; Toast Fresh Fruit &amp; Juice Milk</p>	<p>11 Pancakes &amp; Syrup or Cereal &amp; Toast Fresh Fruit &amp; Juice Milk</p>	<p>12 Assorted Muffins or Cereal &amp; Toast Fresh Fruit &amp; Cheese Milk</p>	<p>13 Gogurt &amp; Toast Or Cereal &amp; Toast Fresh Fruit &amp; Juice Milk</p>
<p>16 Pop tart Or Cereal &amp; Toast Fresh Fruit &amp; Juice Milk</p>	<p>17 Egg, Bacon &amp; Toast or Cereal &amp; Toast Fresh Fruit &amp; Juice Milk</p>	<p>18 French Toast Sticks w/ syrup Or Cereal &amp; Toast Fresh Fruit or Juice Milk</p>	<p>19 Bagels w/Cr. Cheese &amp; Jelly or Cereal &amp; Toast Fresh Fruit or Juice Milk</p>	<p>20 Gogurt &amp; Muffin or Cereal &amp; Toast Fresh Fruit &amp; Juice Milk</p>
<p>23 S'more Turnover Or Cereal &amp; Toast Fresh Fruit &amp; Juice Milk</p>	<p>24 Combo Bar &amp; Toast Or Cereal &amp; Toast Fresh Fruit &amp; Juice Milk</p>	<p>25 Cook's Choice Or Cereal &amp; Toast Fresh Fruit &amp; Juice Milk</p>	<p>26 Assorted Muffins or Cereal &amp; Toast Fresh Fruit &amp; Juice Milk</p>	<p>27 Gogurt &amp; Toast or Cereal &amp; Toast Fresh Fruit &amp; Juice Milk</p>
<p>30 Mini Cinies Or Cereal &amp; Toast Fresh Fruit &amp; Juice Milk</p>	<p><b>Have a Great Year!</b></p>			