


# HARMONY SCHOOL OF EXCELLENCE

## SEPTEMBER BREAKFAST MENU 2017

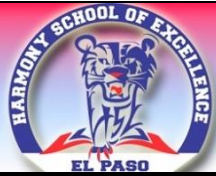


Monday 08/28/2017	Tuesday 08/29/2017	Wednesday 08/30/2017	Thursday 08/31/2017	Friday 09/01/2017
				Grilled Cheese Sandwhich Fruit Juice Choice of milk
Monday 09/04/2017	Tuesday 09/05/2017	Wednesday 09/06/2017	Thursday 09/07/2017	Friday 09/08/2017
	Scrambled Eggs Beans Corn Tortillas Apple Sauce Choice of milk	Pancakes Fresh Fruit Choice of milk	Egg & Bacon Burrito Fresh Fruit Choice of milk	Waffles Fruit Juice Fresh Fruit Choice of milk
Monday 09/11/2017	Tuesday 09/12/2017	Wednesday 09/13/2017	Thursday 09/14/2017	Friday 09/15/2017
French Toast Fresh Fruit Choice of Milk	Scrambled Eggs w/Sausage Bread Fresh Fruit Choice of milk 	Bean Molletes Fresh Fruit Choice of milk	Oat Meal Bread Fresh Fruit Choice of milk	Cold Cereal Fresh Fruit Choice of milk
Monday 09/18/2017	Tuesday 09/19/2017	Wednesday 09/20/2017	Thursday 09/21/2017	Friday 09/22/2017
Scrambled Eggs w/Chorizo Corn Tortillas Fresh Fruit Choice of milk	Quesadilla w/Ham Fresh Fruit Choice of milk	Grilled Cheese Sandwhich Fresh Fruit Choice of milk	Cold Cereal Fresh Fruit Bread Choice of milk	Scrambled Eggs w/Ham Flour Tortilla Fruit Juice Choice of milk
Monday 09/25/2017	Tuesday 09/26/2017	Wednesday 09/27/2017	Thursday 09/28/2017	Friday 09/29/2017
Scrambled Eggs w/Bacon Fresh Fruit Choice of milk	Pancakes Fresh Fruit Choice of milk	Waffles Fresh Fruit Choice of milk	Bean & Cheese Burrito Apple Sauce Choice of milk	Cold Cereal Fresh Fruit Choice of milk

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## SEPTEMBER LUNCH MENU 2017



				<b>Friday 09/01/2017</b>
				Supreme Nachos w/Beef and Beans Salad Fresh Fruit Choice of Milk
<b>Monday 09/04/2017</b>	<b>Tuesday 09/05/2017</b>	<b>Wednesday 09/06/2017</b>	<b>Thursday 09/07/2017</b>	<b>Friday 09/08/2017</b>
	Cheeseburger Crinkle Cut Fries Lettuce & Tomato Fresh Fruit Choice of Milk	Meat Casserole Garden Salad Steam Corn Bread- Fresh Fruit Choice of Milk	Discada Tacos Mexican Rice Green Salad Fresh Fruit Choice of Milk	Pepperoni Pizza Tossed Salad Ranch Dip Fresh Fruit Choice of Milk
<b>Monday 09/11/2017</b>	<b>Tuesday 09/12/2017</b>	<b>Wednesday 09/13/2017</b>	<b>Thursday 09/14/2017</b>	<b>Friday 09/15/2017</b>
Corn Dog Mac & Cheese Green Beans Fresh Fruit Choice of Milk	Chicken Teriyaki White Rice Corn Choice of Milk 	Bologneses Spaghetti Mixed Vegetables Lettuce & Tomato Fresh Fruit Choice of Milk	Meatball Soup w/Veggies Rice Bread Fresh Fruit Choice of Milk	Supreme Nachos w/Beef and Beans Salad Fresh Fruit Choice of Milk
<b>Monday 09/18/2017</b>	<b>Tuesday 09/19/2017</b>	<b>Wednesday 09/20/2017</b>	<b>Thursday 09/21/2017</b>	<b>Friday 09/22/2017</b>
Chicken Nuggets Sweet Potato Fries Mixed Vegetables Fresh Fruit Choice of Milk	Crispy Tacos Mexican Rice Corn Green Salad- Fresh Fruit Choice of Milk	Ham & Cheese Subway Pasta Salad Baby Carrots - Ranch Fresh Fruit Choice of Milk	Chili Dogs Cucumber w/ Lemon Crinkle Cut Fries Fresh Fruit Choice of Milk	Pepperoni Pizza Tossed Salad Ranch Dip Fresh Fruit Choice of Milk
<b>Momday 09/25/2017</b>	<b>Tuesday 09/26/2017</b>	<b>Wednesday 09/27/2017</b>	<b>Thursday 09/28/2017</b>	<b>Friday 09/29/2017</b>
Chicken Fingers Pasta Salad Steamed Carrots Fresh Fruit Choice of Milk	Soft Tacos Mexican Rice Lettuce & Tomato Fresh Fruit Choice of Milk	Chicken Salad Mac & Cheese Tostada Fresh Fruit Choice of Milk	Boneless Spicy Chicken Wings* Baby Carrots - Green Salad Fresh Fruit Choice of Milk *Alternative Option: Nuggets	Supreme Nachos w/Beef and Beans Salad Fresh Fruit Choice of Milk

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