

September

Harmony Dallas Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
			<ul style="list-style-type: none"> • crispy chicken sandwich (DF) • breakfast for lunch: pancakes w/ sausage • sunbutter and jelly sandwich (VG) ○ potato salad <p style="text-align: right;">1</p>	<ul style="list-style-type: none"> • hot dog (DF) • cheese tamale (VG) • chillin' chinese chicken noodles ○ charro beans ○ grape tomatoes <p style="text-align: right;">2</p>
SCHOOL HOLIDAY	<ul style="list-style-type: none"> • chicken taco trio • "pepperoni" calzoni pizza (VG) • garden ranch salad ○ glazed carrots <p style="text-align: right;">5</p>	<ul style="list-style-type: none"> • cheese pizza (VG) • cheeseburger • turkey and cheddar sandwich ○ green leaf lettuce / sliced tomatoes w/ ranch <p style="text-align: right;">6</p>	<ul style="list-style-type: none"> • chicken pasta alfredo • chicken bites (DF) • chicken caesar wrap ○ pinto beans ○ broccoli florets <p style="text-align: right;">7</p>	<ul style="list-style-type: none"> • spaghetti and meatballs (DF) • breakfast for lunch: pancakes w/ sausage • sunbutter and jelly sandwich (VG) ○ seasoned corn <p style="text-align: right;">8</p>
<ul style="list-style-type: none"> • hot turkey & cheddar flatbread • baked mac & cheese w/ chicken bites • chicken salad sandwich (DF) ○ glazed carrots <p style="text-align: right;">12</p>	<ul style="list-style-type: none"> • bbq chicken quesadilla • chicken taco trio • veggie taco salad (VG) ○ charro beans ○ grape tomatoes <p style="text-align: right;">13</p>	<ul style="list-style-type: none"> • buffalo chicken sandwich • cheese pizza (VG) • turkey and cheddar sandwich ○ broccoli florets <p style="text-align: right;">14</p>	<ul style="list-style-type: none"> • cheese lasagna (VG) • crispy chicken sandwich (DF) • sesame chicken salad ○ sliced cucumbers w/ ranch <p style="text-align: right;">15</p>	<ul style="list-style-type: none"> • *NEW* kickin' chicken parm pasta • cheese tamale (VG) • honey mustard chicken wrap ○ seasoned corn <p style="text-align: right;">16</p>
<ul style="list-style-type: none"> • chicken taco trio • "pepperoni" calzoni (VG) • bbq chicken wrap ○ seasoned green beans <p style="text-align: right;">19</p>	<ul style="list-style-type: none"> • *NEW* egg & cheese panada pie (VG) • lone star grilled chicken • garden ranch chicken salad ○ glazed carrots <p style="text-align: right;">20</p>	<ul style="list-style-type: none"> • cheese pizza (VG) • cheeseburger • chicken salad sandwich (DF) ○ green leaf lettuce / sliced tomatoes w/ ranch <p style="text-align: right;">21</p>	<ul style="list-style-type: none"> • chicken enchiladas • chicken bites (DF) • turkey and cheddar sandwich ○ seasoned corn <p style="text-align: right;">22</p>	<ul style="list-style-type: none"> • bean cheese quesadilla (VG) • kickin' chicken melt • chicken salad sandwich (DF) ○ pinto beans ○ broccoli florets <p style="text-align: right;">23</p>
<ul style="list-style-type: none"> • baked mac & cheese w/ chicken bites • chicken potstickers (DF) • bbq chicken wrap ○ seasoned corn <p style="text-align: right;">26</p>	<ul style="list-style-type: none"> • bbq chicken quesadilla • breakfast for lunch: pancakes w/ omelet (VG) • veggie taco salad (VG) ○ charro beans ○ grape tomatoes <p style="text-align: right;">27</p>	<ul style="list-style-type: none"> • cheese pizza (VG) • sloppy joe (DF) • chicken caesar salad ○ broccoli florets <p style="text-align: right;">28</p>	<ul style="list-style-type: none"> • cheese lasagna (VG) • crispy chicken sandwich (DF) • garden ranch salad ○ glazed carrots <p style="text-align: right;">29</p>	<ul style="list-style-type: none"> • hot dog (DF) • kickin' chicken parm pasta • chicken salad sandwich (DF) ○ sliced cucumber w/ ranch <p style="text-align: right;">30</p>

what's new?

Mmmm...Panada! Our new breakfast inspired empanada is filled with fluffy eggs and melted mozzarella cheese. Look for the **Egg & Cheese Panada Pie on September 20th!**

Spice up lunch with our **new Kickin' Chicken Parm Pasta**. Lightly-breaded chicken tossed with spicy buffalo sauce and plated over corkscrew pasta with tomato marinara and melted mozzarella. **Look for it on the menu on September 16th!**

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

This institution is an equal opportunity provider.