

December

HARMONY DALLAS BREAKFAST K-12

Monday	Tuesday	Wednesday	Thursday	Friday
				<ul style="list-style-type: none"> HOT turkey, pepper jack cheese & omelet gordita blueberry bagel w/ cream cheese assorted cereal
<ul style="list-style-type: none"> dipper doodle bar w/fruit cinnamon chex / zac attack strawberry 	<ul style="list-style-type: none"> HOT omelet w/cheese & fruit breakfast cinnamon crumble assorted cereal 	<ul style="list-style-type: none"> HOT pancakes w/ syrup french toast muffin w/ fruit dipperdoodle bar 	<ul style="list-style-type: none"> HOT rise & shine breakfast burrito (egg & cheese) whole wheat bagel w/cream cheese assorted cereal 	<ul style="list-style-type: none"> HOT chicken sausage & omelet gordita blueberry muffin assorted cereal
4	5	6	7	8
<ul style="list-style-type: none"> zeezee berry apple crisp bar dipperdoodle bar 	<ul style="list-style-type: none"> HOT french toast, maple turkey sausage & egg combo yogurt w/ granola assorted cereal 	<ul style="list-style-type: none"> HOT classic chicken sausage & cheddar bagel sandwich lemon muffin cinnamon chex/zac attack apple 	<ul style="list-style-type: none"> HOT cinnamon toast bagel breakfast cinnamon crumble assorted cereal 	<ul style="list-style-type: none"> HOT turkey, pepper jack cheese & omelet gordita blueberry burst whole grain bagel w/cream cheese assorted cereal
11	12	13	14	15
<ul style="list-style-type: none"> dipper doodle bar cinnamon chex/zac attack strawberry 	<ul style="list-style-type: none"> HOT omelet w/cheese breakfast cinnamon crumble assorted cereal 	<ul style="list-style-type: none"> HOT pancakes w/syrup french toast muffin dipperdoodle bar 	<ul style="list-style-type: none"> HOT rise & shine breakfast burrito (egg & cheese) plain whole wheat bagel w/cream cheese assorted cereal 	<ul style="list-style-type: none"> HOLIDAY
18	19	20	21	22
<ul style="list-style-type: none"> HOLIDAY 	<ul style="list-style-type: none"> HOLIDAY 	<ul style="list-style-type: none"> HOLIDAY 	<ul style="list-style-type: none"> HOLIDAY 	<ul style="list-style-type: none"> HOLIDAY
25	26	27	28	29

What's New?

Studies show students who eat breakfast do better on school tests!

A hungry tummy can distract kids from learning.

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

This institution is an equal opportunity provider



December

HARMONY DALLAS LUNCH- PAPA JOHNS

Monday	Tuesday	Wednesday	Thursday	Friday
				<ul style="list-style-type: none"> • crispy chicken sandwich • mac & cheese w/ chicken sausage • taco dippers kit (VG) <ul style="list-style-type: none"> ○ edamame ○ carrots w/ ranch <p style="text-align: right;">1</p>
<ul style="list-style-type: none"> • cheese pizza panda pie (VG) • mac & cheese w/ chicken bites • garden ranch salad w/ chicken ○ steamed carrots <p style="text-align: right;">4</p>	<ul style="list-style-type: none"> • hot dog (DF) • cheesy ravioli (VG) • turkey & cheddar sandwich ○ chilled green beans <p style="text-align: right;">5</p>	<ul style="list-style-type: none"> • papa john's pizza ○ green peas <p style="text-align: right;">6</p>	<ul style="list-style-type: none"> • buffalo chicken pizza • chicken taco trio • cheddar cheese sandwich (VG) ○ blanched broccoli <p style="text-align: right;">7</p>	<ul style="list-style-type: none"> • breakfast for lunch: pancakes w/ sausage • cheese lasagna (VG) • southwest veggie wrap (VG) <ul style="list-style-type: none"> ○ pinto beans ○ carrots w/ ranch <p style="text-align: right;">8</p>
<ul style="list-style-type: none"> • italian "sausage" calzoni (VG) • tomato curry w/ grilled chicken • mighty meaty deli combo sandwich ○ glazed carrots <p style="text-align: right;">11</p>	<ul style="list-style-type: none"> • green chili & cheese tamale (VG) • jerk drumstick w/ pineapple carrot rice (DF) • chicken salad sandwich(DF) ○ steamed corn <p style="text-align: right;">12</p>	<ul style="list-style-type: none"> • papa john's pizza ○ chilled green beans <p style="text-align: right;">13</p>	<ul style="list-style-type: none"> • chicken bites • turkey & cheese flatbread sandwich • sunbutter & jelly sandwich (VG) ○ lettuce & tomatoes w/ ranch <p style="text-align: right;">14</p>	<ul style="list-style-type: none"> • mac & cheese w/ chicken sausage • lone star bbq chicken sandwich • taco dippers kit (VG) <ul style="list-style-type: none"> ○ black beans ○ baby carrots <p style="text-align: right;">15</p>
<ul style="list-style-type: none"> • spicy chicken chorizo & cheese eggel sandwich • cheese pizza panada pie (VG) • garden ranch salad w/ chicken ○ carrots w/ ranch <p style="text-align: right;">18</p>	<ul style="list-style-type: none"> • cheesy ravioli (VG) • kickin chicken melt sandwich • turkey & cheddar sandwich ○ chilled green beans <p style="text-align: right;">19</p>	<ul style="list-style-type: none"> • papa john's pizza ○ steamed corn <p style="text-align: right;">20</p>	<ul style="list-style-type: none"> • chicken taco trio • uncle ted's bbq chicken drumstick w/ cheesy rice • cheddar cheese sandwich (VG) ○ broccoli florets <p style="text-align: right;">21</p>	<ul style="list-style-type: none"> • HOLIDAY <p style="text-align: right;">22</p>
<ul style="list-style-type: none"> • HOLIDAY <p style="text-align: right;">25</p>	<ul style="list-style-type: none"> • HOLIDAY <p style="text-align: right;">26</p>	<ul style="list-style-type: none"> • HOLIDAY <p style="text-align: right;">27</p>	<ul style="list-style-type: none"> • HOLIDAY <p style="text-align: right;">28</p>	<ul style="list-style-type: none"> • HOLIDAY <p style="text-align: right;">29</p>

What's New?

Our food is made with high quality ingredients that do not contain any artificial colors, flavors, or sweeteners.

Because you deserve nothing less!

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.