



Harmony Area School District

October 2020 Lunch Menu

PBJ or Yogurt available as entrée replacement
Menu subject to change due to availability.



Take Home Grab and Go Lunches






AA Monday	BB Thursday	AA Tuesday	BB Friday	#1	#2	#3
9/28 Bacon Cheese Burger Oven Fries Applesauce Milk	10/1	9/29 Stromboli w/ sauce Tossed Salad Chef Salad, Dinner roll, French Fries Mixed Fruit Milk	10/2	PBJ, Crackers, Cheese stick, Apple, Veggies Milk	Round Pizza Orange, Veggies Milk	Yogurt, cheese stick, crackers, Apple Veggies Milk
5 Chicken Nuggets Dinner Roll Oven Fries Mandarin Oranges Milk	8	6 Homemade Pizza Tossed Salad Strawberry Cup Milk	9	PBJ, Crackers, Cheese stick, Apple, Veggies Milk 	Ham & Cheese Sandwich Veggies, Fruit Milk	Yogurt, cheese stick, crackers, Apple Veggies Milk
12 Sloppy Jo Tater Tots Peach cup Milk	15	13 French Bread Pizza Pepper Strips w/dip Grapes Milk	16	PBJ, Crackers, Cheese stick, Apple, Veggies Milk	Corn Dog, Orange, Veggies Milk	Yogurt, cheese stick, crackers, Apple Veggies Milk
19 Chicken & gravy over a warm biscuit Peas Milk	22	20 Chili w/corn bread Cheese, sour cream, Tossed Salad Mandarin Oranges Milk	23	PBJ, Crackers, Cheese stick, Apple, Veggies Milk	Turkey & Cheese Sandwich  Popcorn Veggies, Fruit Milk	Yogurt, cheese stick, crackers, Apple Veggies Milk
26 Burger Gravy over Mashed Potatoes Buttered Carrots Pears Milk 	29	27 Round Pizza Broccoli & cauliflower w/dip Strawberry Cup Milk	30	PBJ, Crackers, Cheese stick, Apple, Veggies Milk	Chicken Patty w/roll Veggies, Orange, Pudding Milk	Yogurt, cheese stick, crackers, Apple Veggies Milk



Harmony Area School District
October 2020 Breakfast Menu
 Menu subject to change due to availability.



Take Home Grab and Go Breakfast

AA Monday / Thursday		BB Tuesday / Friday		#1	#2	#3
9/28	1/10	9/29	10/2			
Mini Cinies Cereal or Toast Fresh Fruit or Juice Milk		Breakfast Sandwich Cereal or Toast  Fresh Fruit or Juice Milk		Cereal Bar Fruit Juice Milk	Pop Tart Fruit Juice Milk 	Gogurt & Muffin Fruit Juice Milk
5	8	6	9			
Cheesy Egg Patty on toast Or Cereal or Toast Fresh Fruit or Juice Milk		Sausage Gravy w/biscuit or Cereal or Toast Fresh Fruit or Juice Milk		Cereal Bar Fruit Juice Milk	Pop Tart Fruit Juice Milk	Mini Bagels w/filling Fruit Juice Milk
12	15	13	16			
Combo Bar w/toast Or Cereal or Toast Fresh Fruit or Juice Milk		Breakfast Pizza Or Cereal or Toast Fresh Fruit or Juice Milk		Cereal Bar Fruit Juice Milk	Pop Tart Fruit Juice Milk	Cereal Bowl Fruit Juice Milk
19	22	20	23			
Cheesy Egg Patty on toast Or Cereal or Toast Fresh Fruit or Juice Milk		Funnel Cake Or Cereal or Toast Fresh Fruit or Juice Milk		Cereal Bar Fruit Juice Milk	Pop Tart Fruit Juice Milk	Gogurt & Muffin Fruit Juice Milk
26	29	27	30			
Pancakes w/syrup Or Cereal or Toast Fresh Fruit or Juice Milk		Cook's Choice Or Cereal or Toast Fresh Fruit or Juice Milk 		Cereal Bar Fruit Juice Milk	Pop Tart Fruit Juice Milk	Waffles w/syrup Fruit Juice Milk 