

SEPTEMBER BREAKFAST

**HARMONY SAN ANTONIO
BREAKFAST – K-12**

BACK to SCHOOL

New school years are for new beginnings! Now is the perfect time to try that new food, hobby or skill you've always been curious about. **What's your new goal?**

Learn more about us on our *new* website at **revolutionfoods.com!**

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

revolution foods.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>3</p> <ul style="list-style-type: none"> dipper doodle bar assorted cereal 	<p>4</p> <ul style="list-style-type: none"> dipper doodle bar assorted cereal 	<p>5</p> <ul style="list-style-type: none"> HOT pepper jack cheese&omelet gordita blueberry muffin assorted cereal 	<p>6</p> <ul style="list-style-type: none"> HOT chicken sausage&cheddar brekwich cinnamon crumble assorted cereal 	<p>7</p> <ul style="list-style-type: none"> HOT egg&sausage quesadilla blueberry burst bagel w/cream cheese assorted cereal
<p>10</p> <ul style="list-style-type: none"> dipperdoodle bar assorted cereal 	<p>11</p> <ul style="list-style-type: none"> HOT pancakes w/ syrup cinnamon crumbles assorted cereal 	<p>12</p> <ul style="list-style-type: none"> HOT french toast, turkey sausage&egg combo french toast muffin assorted cereal 	<p>13</p> <ul style="list-style-type: none"> HOT chicken sausage&omelet gordita bagel w/cream cheese assorted cereal 	<p>14</p> <ul style="list-style-type: none"> HOT chicken sausage&cheddar bagel sandwich blueberry muffin assorted cereal
<p>17</p> <ul style="list-style-type: none"> zee zee berry apple crisp assorted cereal 	<p>18</p> <ul style="list-style-type: none"> HOT pancakes w/syrup cinnamon crumble assorted cereal 	<p>19</p> <ul style="list-style-type: none"> HOT cinnamon toast bagel lemon muffin assorted cereal 	<p>20</p> <ul style="list-style-type: none"> HOT french toast, turkey sausage&egg combo yogurt w/granola assorted cereal 	<p>21</p> <ul style="list-style-type: none"> HOT omelet w/cheese cinnamon raisin bagel assorted cereal
<p>24</p> <ul style="list-style-type: none"> dipperdoodle bar assorted cereal 	<p>25</p> <ul style="list-style-type: none"> HOT chicken sausage&omelet gordita cinnamon crumble assorted cereal 	<p>26</p> <ul style="list-style-type: none"> HOT chicken chorizo&cheese bagel sandwich french toast muffin assorted cereal 	<p>27</p> <ul style="list-style-type: none"> HOT mini cheese omelet w/french toast sticks bagel w/cream cheese assorted cereal 	<p>28</p> <ul style="list-style-type: none"> HOT cheesy bean breakfast burrito blueberry muffin assorted cereal

SEPTEMBER LUNCH

HARMONY SAN ANTONIO
PAPA JOHN'S- K-12

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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.

- o **Vegetable** of the day

revolution foods.

MONDAY

3

- NO SCHOOL

10

- cheesy pizza bite (VG)
- chicken potstickers (DF)
- turkey & cheddar sandwich
- o steamed corn

17

- chicken bites
- cheese pizza panada pie (VG)
- turkey & cheddar sandwich
- o island carrots

24

- bbq beef flatbread melt
- cheesy pizza bites (VG)
- chicken caesar salad
- o broccoli

TUESDAY

4

- cheesy ravioli (VG)
- hot dog (DF)
- honey mustard salad w/ grilled chicken
- o broccoli w/ ranch

11

- popcorn chicken bites w/ bbq bean sauce
- hot dog (DF)
- taco dippers kit (VG)
- o orange carrots

18

- classic chicken parm pasta
- hot dog (DF)
- southwest veggie wrap (VG)
- o chili citrus corn

25

- **NEW** chicken gumbo & cornbread
- chicken teriyaki w/carrot rice
- southwest veggie wrap (VG)
- o steamed corn

WEDNESDAY

5

- PAPA JOHN'S
- o chili citrus corn

12

- PAPA JOHN'S
- o seasoned green beans w/ ranch

19

- PAPA JOHN'S
- o celery sticks w/ ranch

26

- PAPA JOHN'S
- o coleslaw

THURSDAY

6

- chicken bites
- pasta w/ zesty beef
- sunbutter & jelly kit
- o seasoned green beans

13

- spaghetti & meatballs (DF)
- lone star bbq chicken sandwich
- veggie chef's salad (VG)
- o broccoli

20

- crispy chicken sandwich (DF)
- chicken taco trio
- egg salad sandwich (VG) (DF)
- o broccoli & carrot salad

27

- lone star bbq chicken sandwich
- cheese lasagna (VG)
- turkey & cheddar sandwich
- o steamed carrots

FRIDAY

7

- firecracker chicken w/ sesame noodles
- Italian calzoni (VG)
- buffalo chicken wrap
- o pinto beans
- o baby carrots

14

- scoops w/ chicken & green chile cheese dip
- rainbow veggie pizza (VG)
- buffalo chicken wrap
- o smoky black eyed peas
- o grape tomatoes

21

- bfast for lunch: pancakes w/ omelet (VG)
- general tso's chicken
- santa fe chile chicken wrap
- o baby carrots
- o black beans

28

- hot dog (DF)
- bean & cheese quesadilla (VG)
- sesame chicken wrap (DF)
- o pinto beans
- o grape tomatoes w/ ranch