



APRIL

Lunch



HARMONY SCIENCE ACADEMY LAREDO

Monday	Tuesday	Wednesday	Thursday	Friday
April 3, 2017 CHICKEN TENDERS WITH POTATO WEDGES Diced Carrots Applesauce Cup BBQ Sauce Ketchup Choice of Milk	April 4, 2017 *BREAKFAST FOR LUNCH* PANCAKES & SAUSAGE Tropical Veggie Juice Diced Peaches Syrup Choice of Milk	April 5, 2017 CRISPY CHICKEN FILLET Hamburger Bun Maple Baked Beans Pickle Chips Fresh Orange BBQ Sauce Choice of Milk	April 6, 2017 VEGETARIAN CHILI WITH BEANS Whole Kernel Corn Blended Fruit Juice Corn Muffin Choice of Milk	April 7, 2017 PEPPERONI PIZZA Romaine Lettuce Light Ranch Dressing Fresh Banana Choice of Milk
April 10, 2017 POPCORN CHICKEN Mixed Vegetables Grape Juice BBQ Sauce Choice of Milk	April 11, 2017 HOT DOG W/ POTATO ROUNDS Hot Dog Bun Taco Beans Diced Peaches Mustard Ketchup (2) Choice of Milk	April 12, 2017 BBQ CHICKEN Hamburger Bun Green Beans Diced Pears Choice of Milk	April 13, 2017 CHEESE PIZZA Fresh Broccoli Light Ranch Dressing Sliced Apples Choice of Milk	April 14, 2017 NO SCHOOL
April 17, 2017 PIZZA DIPPERS Marinara Dipping Sauce Green Beans Applesauce Cup Choice of Milk	April 18, 2017 TURKEY BURGER Hamburger Bun French Fries Orange Juice Ketchup (2) Choice of Milk	April 19, 2017 CRISPY CHICKEN TENDERS (WHOLE GRAIN) Taco Beans Celery Sticks Light Ranch Dressing Fresh Banana BBQ Sauce Choice of Milk	April 20, 2017 ROTINI BAKE WITH MEATSAUCE Garden Peas Fresh Orange Raspberry Cookies Choice of Milk	April 21, 2017 SAUSAGE PIZZA Romaine Lettuce Light Ranch Dressing Mixed Fruit Cup Choice of Milk
April 24, 2017 CHICKEN NUGGETS WITH POTATO ROUNDS Whole Kernel Corn Orange Sorbet 100% Juice BBQ Sauce Ketchup Choice of Milk	April 25, 2017 SLOPPY JOE Hamburger Bun Green Beans Mixed Fruit Cup Choice of Milk	April 26, 2017 PEPPERONI PIZZA Romaine Lettuce Light Ranch Dressing Grape Juice Choice of Milk	April 27, 2017 CHICKEN TACO Tortilla Scoops Refried Beans Sliced Apples Choice of Milk	April 28, 2017 SHELLS & CHEESE Mixed Vegetables Fresh Banana Chocolate Chip Minis Choice of Milk

**** ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK.

*** MENU SUBJECT TO CHANGE.

*** This institution is an equal opportunity provider.

Look for our featured lunch days:





APRIL

Lunch



HARMONY SCIENCE ACADEMY LAREDO Lunch High School

Monday	Tuesday	Wednesday	Thursday	Friday
April 3, 2017	April 4, 2017	April 5, 2017	April 6, 2017	April 7, 2017
CHICKEN TENDERS WITH POTATO WEDGES Country Blend Vegetables Applesauce Cup Grape Juice BBQ Sauce Ketchup Pretzels Choice of Milk	*BREAKFAST FOR LUNCH* PANCAKES & SAUSAGE SunSet Sip Juice Potato Rounds Diced Peaches Mixed Fruit Cup Ketchup Syrup Choice of Milk	CRISPY CHICKEN FILLET Hamburger Bun Mashed Potatoes Maple Baked Beans Fresh Orange Blended Fruit Juice BBQ Sauce Choice of Milk	VEGETARIAN CHILI WITH BEANS French Fries Fresh Fruit Corn Muffin Ketchup Choice of Milk	CHEESE PIZZA Romaine Lettuce Cucumbers Light Ranch Dressing Fresh Banana Diced Pears Choice of Milk
April 10, 2017	April 11, 2017	April 12, 2017	April 13, 2017	April 14, 2017
POPCORN CHICKEN Garden Vegetables SunSet Sip Juice Grape Juice Mixed Fruit Cup BBQ Sauce Snickerdoodle Cookie Choice of Milk	HOT DOG WITH POTATO ROUNDS Hot Dog Bun Taco Beans Diced Peaches Blended Fruit Juice Mustard Ketchup (2) Multi Grain Sun Chips Choice of Milk	BBQ CHICKEN Hamburger Bun Green Beans Fresh Baby Carrots Light Ranch Dressing Diced Pears Orange Juice Choice of Milk	PEPPERONI PIZZA Fresh Broccoli Celery Sticks Light Ranch Dressing Fresh Fruit Choice of Milk	NO SCHOOL
April 17, 2017	April 18, 2017	April 19, 2017	April 20, 2017	April 21, 2017
PIZZA DIPPERS Marinara Dipping Sauce Green Beans Applesauce Cup Pineapple Tidbits Choice of Milk	TURKEY BURGER Hamburger Bun French Fries Diced Carrots Orange Juice Diced Pears Ketchup Mustard Choice of Milk	CRISPY CHICKEN TENDERS (WHOLE GRAIN) Taco Beans Whole Kernel Corn Fresh Banana Grape Juice BBQ Sauce Chocolate Chip Mini Loaf Choice of Milk	ROTINI BAKE Garden Peas Fresh Fruit Raspberry Cookies Choice of Milk	SAUSAGE PIZZA Romaine Lettuce Cucumbers Light Ranch Dressing Mixed Fruit Cup Blended Fruit Juice Choice of Milk
April 24, 2017	April 25, 2017	April 26, 2017	April 27, 2017	April 28, 2017
CHICKEN NUGGETS WITH POTATO ROUNDS Whole Kernel Corn Orange Sorbet 100% Juice Diced Peaches BBQ Sauce Ketchup Corn Muffin Choice of Milk	SLOPPY JOE Hamburger Bun Green Beans Mixed Fruit Cup Blended Fruit Juice Choice of Milk	PEPPERONI PIZZA Romaine Lettuce Cucumbers Light Ranch Dressing Grape Juice Pineapple Tidbits Choice of Milk	CHICKEN TACO Tortilla Scoops Refried Beans Jalapenos Fresh Fruit Lemon Cookie Choice of Milk	SHELLS & CHEESE Mixed Vegetables Celery Sticks Light Ranch Dressing Fresh Banana Cinnamon Applesauce Chocolate Chip Minis Choice of Milk

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