

January

BREAKFAST K-12 – HARMONY DALLAS

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|---|---|
| | | • HOLIDAY | • HOLIDAY | • HOLIDAY |
| 1 | 2 | 3 | 4 | 5 |
| • HOLIDAY | <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 cinnamon toast bagel • lemon muffin • assorted cereal | <ul style="list-style-type: none"> • HOT panda pie with egg, cheese and green chilies • cinnamon crumble • assorted cereal | <ul style="list-style-type: none"> • HOT turkey, pepper jack cheese & omelet gordita • blueberry burst wholegrain bagel w/cream cheese • assorted cereal |
| 8 | 9 | 10 | 11 | 12 |
| • HOLIDAY | <ul style="list-style-type: none"> • skeeter honey grahams/cinnamon rumbles • assorted cereal | <ul style="list-style-type: none"> • HOT southwest chicken chorizo & cheese bagel sandwich • french toast muffin • assorted cereal | <ul style="list-style-type: none"> • HOT chicken sausage & omelet gordita • plain wheat bagel w/cream cheese • assorted cereal | <ul style="list-style-type: none"> • HOT french toast sticks • blueberry muffin • assorted cereal |
| 15 | 16 | 17 | 18 | 19 |
| <ul style="list-style-type: none"> • cheerios/mini dipper doodle bar • assorted cereal | <ul style="list-style-type: none"> • HOT mini cheese omelet w/french toast stick • yogurt w/granola • assorted cereal | <ul style="list-style-type: none"> • HOT cheesy bean breakfast burrito • lemon muffin • assorted cereal | <ul style="list-style-type: none"> • HOT classic chicken sausage & cheddar bagel sandwich • cinnamon crumble • assorted cereal | <ul style="list-style-type: none"> • HOT egg & sausage quesadilla • blueberry burst bagel w/cream cheese • assorted cereal |
| 22 | 23 | 24 | 25 | 26 |
| <ul style="list-style-type: none"> • cinnamon chex/zac attack • assorted cereal | <ul style="list-style-type: none"> • HOT southwest chicken chorizo & cheese bagel sandwich • skeeter honey grahams/cinnamon rumbles | <ul style="list-style-type: none"> • HOT french toast, maple turkey sausage & egg combo • french toast muffin • assorted cereal | | |
| 29 | 30 | 31 | | |

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.

This institution is an equal opportunity provider



January

LUNCH K-12 - HARMONY DALLAS

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|--|---|
| 1 | 2 | 3 | 4 | 5 |
| <ul style="list-style-type: none"> • HOLIDAY | <ul style="list-style-type: none"> • kickin chicken parm pasta • buffalo chicken pizza • cheddar cheese sandwich (VG) ○ green peas | <ul style="list-style-type: none"> • HOLIDAY | <ul style="list-style-type: none"> • HOLIDAY | <ul style="list-style-type: none"> • HOLIDAY |
| 8 | 9 | 10 | 11 | 12 |
| <ul style="list-style-type: none"> • HOLIDAY | <ul style="list-style-type: none"> • cheese pizza (VG) • oven roasted chicken sandwich (DF) • santa fe chicken and black bean wrap ○ celery sticks w/ ranch | <ul style="list-style-type: none"> • chicken bites • chicken sausage and cheddar egg sandwich • taco dippers (VG) ○ broccoli | <ul style="list-style-type: none"> • crispy chicken sandwich (DF) • cheese lasagna (VG) • sesame chicken wrap (DF) ○ pinto beans ○ baby carrots | |
| 15 | 16 | 17 | 18 | 19 |
| <ul style="list-style-type: none"> • HOLIDAY | <ul style="list-style-type: none"> • pizza burger bagel melt • cheese pizza panda pie (VG) • buffalo chicken wrap ○ corn and tomato salad | <ul style="list-style-type: none"> • cheeseburger • southern bbq chicken sandwich • cheddar cheese sandwich (VG) ○ green beans w/ ranch | <ul style="list-style-type: none"> • hotdog (DF) • buffalo chicken crunchadilla • southwest veggie wrap (VG) ○ glazed carrots | <ul style="list-style-type: none"> • baked mac & cheese w/ chicken sausage • meatball sub • sunbutter and jelly sandwich (VG) ○ black beans ○ baby carrots |
| 22 | 23 | 24 | 25 | 26 |
| <ul style="list-style-type: none"> • breakfast for lunch: pancakes w/ sausage • sweet garlic noodles w/ chicken thigh • sunbutter and jelly sandwich (VG) ○ glazed carrots | <ul style="list-style-type: none"> • cheesy ravioli (VG) • creamy tomato curry w/ chicken • chicken caesar salad ○ broccoli | <ul style="list-style-type: none"> • NEW!! cheesy pizza bites • buffalo chicken sandwich • honey mustard chicken wrap ○ green beans w/ ranch | <ul style="list-style-type: none"> • Italian "sausage" calzone (VG) • NEW!! veggie chili (VG) • mighty meaty deli sandwich ○ steamed corn | <ul style="list-style-type: none"> • chicken bites • pasta alfredo (VG) • chicken salad sandwich (DF) ○ pinto beans ○ baby carrots |
| 29 | 30 | 31 | | |
| <ul style="list-style-type: none"> • cheese enchiladas (VG) • chicken potstickers (DF) • turkey and cheddar sandwich ○ corn | <ul style="list-style-type: none"> • kickin chicken melt sandwich • baked mac & cheese w/ bbq chicken • egg salad sandwich (VG) (DF) ○ glazed carrots | <ul style="list-style-type: none"> • hot dog (DF) • sloppy joe (DF) • sunbutter and jelly sandwich (VG) ○ green beans w/ ranch | | |

Happy New Year!
What's New?

Cheesy-bite size goodness! Try our new Cheesy Bite Pizza!

Our hearty chili is now served with a delicious side of corn bread!

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



January

LUNCH K-12 PAPA JOHNS – HARMONY DALLAS

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|--|---|
| 1 | 2 | • HOLIDAY | • HOLIDAY | • HOLIDAY |
| 8 | 9 | 3 | 4 | 5 |
| • HOLIDAY | <ul style="list-style-type: none"> • kickin chicken parm pasta • buffalo chicken pizza • cheddar cheese sandwich (VG) <ul style="list-style-type: none"> ○ green peas | <ul style="list-style-type: none"> • papa john's cheese pizza (VG) <ul style="list-style-type: none"> ○ celery sticks w/ ranch | <ul style="list-style-type: none"> • chicken bites • chicken sausage and cheddar eggel sandwich • taco dippers (VG) <ul style="list-style-type: none"> ○ broccoli | <ul style="list-style-type: none"> • crispy chicken sandwich (DF) • cheese lasagna (VG) • sesame chicken wrap (DF) <ul style="list-style-type: none"> ○ pinto beans ○ baby carrots |
| 15 | 16 | 10 | 11 | 12 |
| • HOLIDAY | <ul style="list-style-type: none"> • pizza burger bagel melt • cheese pizza panda pie (VG) • buffalo chicken wrap <ul style="list-style-type: none"> ○ corn and tomato salad | <ul style="list-style-type: none"> • papa john's cheese pizza (VG) <ul style="list-style-type: none"> ○ green beans w/ ranch | <ul style="list-style-type: none"> • hotdog (DF) • buffalo chicken crunchadilla • southwest veggie wrap (VG) <ul style="list-style-type: none"> ○ glazed carrots | <ul style="list-style-type: none"> • baked mac & cheese w/ chicken sausage • meatball sub • sunbutter and jelly sandwich (VG) <ul style="list-style-type: none"> ○ black beans ○ baby carrots |
| 22 | 23 | 17 | 18 | 19 |
| <ul style="list-style-type: none"> • breakfast for lunch: pancakes w/ sausage • sweet garlic noodles w/ chicken thigh • sunbutter and jelly sandwich (VG) <ul style="list-style-type: none"> ○ glazed carrots | <ul style="list-style-type: none"> • cheesy ravioli (VG) • creamy tomato curry w/ chicken • chicken caesar salad <ul style="list-style-type: none"> ○ broccoli | <ul style="list-style-type: none"> • papa john's cheese pizza (VG) <ul style="list-style-type: none"> ○ green beans w/ ranch | <ul style="list-style-type: none"> • Italian "sausage" calzone (VG) • NEW!! veggie chili (VG) • mighty meaty deli sandwich <ul style="list-style-type: none"> ○ steamed corn | <ul style="list-style-type: none"> • chicken bites • pasta alfredo (VG) • chicken salad sandwich (DF) <ul style="list-style-type: none"> ○ pinto beans ○ baby carrots |
| 29 | 30 | 24 | 25 | 26 |
| <ul style="list-style-type: none"> • cheese enchiladas (VG) • chicken potstickers (DF) • turkey and cheddar sandwich <ul style="list-style-type: none"> ○ corn | <ul style="list-style-type: none"> • kickin chicken melt sandwich • baked mac & cheese w/ bbq chicken • egg salad sandwich (VG) (DF) <ul style="list-style-type: none"> ○ glazed carrots | <ul style="list-style-type: none"> • papa john's cheese pizza (VG) <ul style="list-style-type: none"> ○ green beans w/ ranch | | |
| | | 31 | | |

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