



HARMONY SCIENCE ACADEMY - LUBBOCK LUNCH MENU SEPTEMBER 2017



Monday	Tuesday	Wednesday	Thursday	Friday
				1 WG State Fair Corn Dogs Steamed Green Beans Baked Pinto Beans Pineapple Choice of Milk Ketchup
4 No School	5 Beef and Bean Burrito WG Spanish Rice Steamed Green Beans Orange Slices Choice of Milk Salsa	6 Bar-B-Q Chicken Mashed Potatoes Steamed Corn Peaches Texas Toast Choice of Milk Ketchup	7 WG Chicken Tenderloin Fritters Cream Gravy Romaine Salad W/ Cheese Steamed Carrots WG Honey Roll Pineapple Choice of Milk	8 Tony's Cheese Pizza W/ G Crust Romaine Salad W/Cheese Steamed Green Beans Pears Choice of Milk Ranch Dressing
11 WG Chicken Nuggets Steamed Corn French Fries Mixed Fruit Cocktail Choice of Milk Ketchup	12 Salisbury Steak Brown Gravy Steamed Carrots Mashed Potatoes Orange Slices Choice of Milk	13 Teriyaki Chicken WG Brown Rice Broccoli Veggie Mix Peaches Choice of Milk	14 Chicken Fried Steak Cream Gravy Mashed Potatoes Steamed Corn WG Roll Apple Choice of Milk	15 WG State Fair Corn Dogs Steamed Green Beans Baked Pinto Beans Pineapple Choice of Milk Ketchup
18 Sloppy Joe W/ WG Bun Baked Beans Carrots&Cumcumber slices W/ranch Mixed Fruit Cocktail Choice of Milk	19 Beef and Bean Burrito WG Spanish Rice Steamed Green Beans Orange Slices Choice of Milk Salsa	20 Bar-B-Q Chicken Mashed Potatoes Steamed Corn Peaches Texas Toast Choice of Milk Ketchup	21 WG Chicken Tenderloin Fritters Cream Gravy Romaine Salad W/ Cheese Steamed Carrots WG Honey Roll Pineapple Choice of Milk	22 Tony's Cheese Pizza W/ G Crust Romaine Salad W/Cheese Steamed Green Beans Pears Choice of Milk Ranch Dressing
25 WG Chicken Nuggets Steamed Corn French Fries Mixed Fruit Cocktail Choice of Milk Ketchup	26 Salisbury Steak Brown Gravy Steamed Carrots Mashed Potatoes Orange Slices Choice of Milk	27 Teriyaki Chicken WG Brown Rice Broccoli Veggie Mix Peaches Choice of Milk	28 Chicken Fried Steak Cream Gravy Mashed Potatoes Steamed Corn WG Roll Apple Choice of Milk	29 WG State Fair Corn Dogs Steamed Green Beans Baked Pinto Beans Pineapple Choice of Milk Ketchup



HARMONY SCIENCE ACADEMY - LUBBOCK BREAKFAST MENU SEPTEMBER 2017



Monday	Tuesday	Wednesday	Thursday	Friday
				1 French Toast Sticks W/ Syrup 100% Fruit Juice Choice of Milk
4 Whole Grain Cereal Whole Grain Graham Crackers 100% Fruit Juice Choice of Milk	5 Whole Grain Biscuit/Jelly Turkey Sausage Patty 100% Fruit Juice Choice of Milk	6 Whole Grain Cereal Whole Grain Graham Crackers Fresh Apple Choice of Milk	7 Whole Grain Blueberry Muffin Oat and Honey Granola Bar Orange Slices Choice of Milk	8 WG Pancake W/Syrup Turkey Sausage Patty 100% Fruit Juice Choice of Milk
11 Whole Grain Cereal Whole Grain Graham Crackers 100% Fruit Juice Choice of Milk	12 WG Cinnamon Roll 100% Fruit Juice Choice of Milk	13 Whole Grain Cereal Whole Grain Graham Crackers Fresh Apple Choice of Milk	14 Whole Grain Blueberry Muffin Oat and Honey Granola Bar Orange Slices Choice of Milk	15 French Toast Sticks W/ Syrup 100% Fruit Juice Choice of Milk
18 Whole Grain Cereal Whole Grain Graham Crackers 100% Fruit Juice Choice of Milk	19 Whole Grain Biscuit/Jelly Turkey Sausage Patty 100% Fruit Juice Choice of Milk	20 Whole Grain Cereal Whole Grain Graham Crackers Fresh Apple Choice of Milk	21 Whole Grain Blueberry Muffin Oat and Honey Granola Bar Orange Slices Choice of Milk	22 WG Pancake W/Syrup Turkey Sausage Patty 100% Fruit Juice Choice of Milk
25 Whole Grain Cereal Whole Grain Graham Crackers 100% Fruit Juice Choice of Milk	26 WG Cinnamon Roll 100% Fruit Juice Choice of Milk	27 Whole Grain Cereal Whole Grain Graham Crackers Fresh Apple Choice of Milk	28 Whole Grain Blueberry Muffin Oat and Honey Granola Bar Orange Slices Choice of Milk	29 French Toast Sticks W/ Syrup 100% Fruit Juice Choice of Milk