








HARMONY ACADEMY MENU FOR November 19th – November 23rd, 2018

MONDAY 19 th	TUESDAY 20 th	WEDNESDAY 21 st	THURSDAY 22 nd	FRIDAY 23 rd
BREAKFAST				
waffles sausage diced pears milk 	whole grain cereal peaches milk 	bacon biscuit oranges milk 		
LUNCH				
chicken nuggets sweet peas fruit cocktail roll milk	ham & cheese sandwich potatoes pickles milk	turkey w/ gravy mashed potatoes green beans wheat roll milk		
SNACK				
soft pretzel w/cheese sauce 100% fruit cheese	string cheese ritz crackers ice water	chocolate chip muffin milk	