

# April

## HARMONY DFW LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> <li>chicken bites (DF)</li> <li>spicy chicken chorizo &amp; egg bagel sandwich</li> <li>southwest veggie wrap (VG)</li> <li>steamed corn</li> </ul> <p style="text-align: right;">3</p>	<ul style="list-style-type: none"> <li>mac &amp; cheese w/ chicken sausage</li> <li>lonestar chicken sandwich</li> <li>sunbutter &amp; jelly (VG)</li> <li>green beans</li> </ul> <p style="text-align: right;">4</p>	<ul style="list-style-type: none"> <li>papa john's</li> <li>glazed carrots</li> </ul> <p style="text-align: right;">5</p>	<ul style="list-style-type: none"> <li>pancakes w/ omelet (VG)</li> <li>chicken taco trio</li> <li>mighty meaty deli combo</li> <li>broccoli</li> </ul> <p style="text-align: right;">6</p>	<p>NO SCHOOL</p> <p style="text-align: right;">7</p>
<ul style="list-style-type: none"> <li>cheese panada pie (VG)</li> <li>mac &amp; cheese w/ chicken bites</li> <li>mighty meaty deli combo</li> <li>steamed carrots</li> </ul> <p style="text-align: right;">10</p>	<ul style="list-style-type: none"> <li>hot dog (DF)</li> <li>buffalo chicken crunchadilla</li> <li>taco dippers (VG)</li> <li>steamed corn</li> </ul> <p style="text-align: right;">11</p>	<ul style="list-style-type: none"> <li>papa john's</li> <li>green beans</li> </ul> <p style="text-align: right;">12</p>	<ul style="list-style-type: none"> <li>crispy chicken sandwich (DF)</li> <li>pancakes w/ chicken sausage</li> <li>sunbutter &amp; jelly (VG)</li> <li>broccoli</li> </ul> <p style="text-align: right;">13</p>	<p>NO SCHOOL</p> <p style="text-align: right;">14</p>
<ul style="list-style-type: none"> <li>five cheese lasagna</li> <li>crispy chicken sandwich</li> <li>turkey &amp; cheese sandwich</li> <li>steamed corn</li> </ul> <p style="text-align: right;">17</p>	<ul style="list-style-type: none"> <li>hot dog (DF)</li> <li>cheese ravioli (VG)</li> <li>mighty meaty deli combo</li> <li>green beans</li> </ul> <p style="text-align: right;">18</p>	<ul style="list-style-type: none"> <li>papa john's</li> <li>glazed carrots</li> </ul> <p style="text-align: right;">19</p>	<ul style="list-style-type: none"> <li>chicken bites (DF)</li> <li>creamy pasta alfredo (VG)</li> <li>chicken caesar salad</li> <li>broccoli</li> </ul> <p style="text-align: right;">20</p>	<ul style="list-style-type: none"> <li>pancakes w/ omelet (VG)</li> <li>pepperoni calzoni (VG)</li> <li>chicken salad sandwich (DF)</li> <li>black beans</li> <li>grape tomatoes with ranch</li> </ul> <p style="text-align: right;">21</p>
<ul style="list-style-type: none"> <li>cheese panada pie (VG)</li> <li>mac &amp; cheese w/ chicken bites</li> <li>mighty meaty deli combo</li> <li>green beans</li> </ul> <p style="text-align: right;">24</p>	<ul style="list-style-type: none"> <li>chicken taco trio</li> <li>fiesta scoops (VG)</li> <li>sesame chicken wrap (DF)</li> <li>steamed corn</li> </ul> <p style="text-align: right;">25</p>	<ul style="list-style-type: none"> <li>papa john's</li> <li>glazed carrots</li> </ul> <p style="text-align: right;">26</p>	<ul style="list-style-type: none"> <li>spaghetti &amp; meatballs (DF)</li> <li>crispy chicken sandwich (DF)</li> <li>sunbutter and jelly (VG)</li> <li>broccoli</li> </ul> <p style="text-align: right;">27</p>	<ul style="list-style-type: none"> <li>hot dog (DF)</li> <li>mac &amp; cheese w/ bbq baked beans (VG)</li> <li>chicken caesar wrap</li> <li>pinto beans</li> <li>baby carrots</li> </ul> <p style="text-align: right;">28</p>

### Did you know?

Revolution Foods serves fresh food made with real ingredients. There's a lot you won't find in our meals including:

- No artificial colors, flavors, or sweeteners.
- No high fructose corn syrup, MSG.
- No partially or fully hydrogenated fats or oils
  - No added nitrites/nitrates

**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.*

