

# April 2017

## Harmony Science Academy-Brownsville

### BREAKFAST



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

Pop tarts **3**  
Juice  
Fruit  
Milk

Muffins **4**  
Juice  
Fruit  
Milk

Tacos **5**  
Juice  
Fruit  
Milk

Waffles **6**  
Juice  
Fruit  
Milk

Pig in a blanket **7**  
Juice  
Fruit  
Milk

Cereal **10**  
Juice  
Fruit  
Milk

French toast **11**  
Juice  
Fruit  
Milk

Pancakes **12**  
Juice  
Fruit  
Milk

Granola bars **13**  
Juice  
Fruit  
Milk

Holiday **14**

Pig in a blanket **17**  
Juice  
Fruit  
Milk

Waffles **18**  
Juice  
Fruit  
Milk

French toast **19**  
Juice  
Fruit  
Milk

Cereal **20**  
Juice  
Fruit  
Milk

Pop tarts **21**  
Juice  
Fruit  
Milk

Pancakes **24**  
Juice  
Fruit  
Milk

Cereal **25**  
Juice  
Fruit  
Milk

Granola bars **26**  
Juice  
Fruit  
Milk

Pig in a blanket **27**  
Juice  
Fruit  
Milk

French toast **28**  
Juice  
Fruit  
Milk





**School Information:** Type your school information here.



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### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

Ham & cheese Sandwich **3**  
Potato  
Carrots  
Fruit  
Milk

Chicken burger **4**  
Potato  
Lettuce & tomato  
Fruit  
Milk

Pollo con papas **5**  
Rice  
Beans  
Fruit  
Milk

Corn dogs **6**  
Mix veggies  
Mash potato  
Fruit  
Milk

Pizza **7**  
Carrot  
Garden salad  
Fruit  
Milk

Beef & cheese nachos **10**  
Beans  
Lettuce & tomato  
Fruit  
milk

Chili dogs **11**  
Chili beans  
Green beans  
Fruit  
Milk

Brisket sandwich **12**  
Corn  
Mac & cheese  
Fruit  
Milk

Pollo w/ Calabaza **13**  
Brown rice  
Beans  
Fruit  
Milk

Holiday **14**

Nuggets **17**  
Corn  
Potato  
Fruit  
Milk

Beef tostadas **18**  
Rice  
Beans  
Fruit  
Milk

Sloppy joe burger **19**  
Broccoli  
Potato  
Fruit  
Milk

Carne desebrada **20**  
Beans  
Tortilla  
Fruit  
Milk

Pizza **21**  
Carrots  
Garden salad  
Fruit  
Milk

Pollo con papas **24**  
Rice  
Beans  
Fruit  
Milk

Carne guisada **25**  
Rice  
Beans  
Fruit  
Milk

Ham & cheese sandwich **26**  
Potato  
Carrots  
Fruit  
Milk

Corn dogs **27**  
Mix veggies  
Mash potato  
Fruit  
Milk

Pizza **28**  
Corn  
Mix spinach salad  
Fruit  
Milk

