

Tiger's Café

Harmony Science Academy
9405 Betel El Paso, Texas 79907



September 2019

Menu - A Healthier Lifestyle

No School	Philly cheesesteak sandwich bbq* meatballs w/cheesy rice* Sunny sandwich kit* Pinto Beans 3	Pepperoni Pizza* Cheese Pizza* Southwest veggie wrap* Sliced cucumber 4	Classic Chicken parm pasta* Cheesy pizza bite meal* <i>sesame chicken wrap*</i> Steamed corn 5	<i>Hot dog*</i> Cheese ravioli* Chicken caesar salad* Blanched broccoli florets w/ranch 6
Cheesy beef & salsa nachodip wscoops* Cheese pizza panada pie* Chicken pesto pasta salad* Seasoned green beans 9	Chicken bites* Bean and cheese burrito* Honey mustard chicken wrap* Glazed carrots 10	Pepperoni Pizza* Cheese Pizza* Veggie Chef Salad * Seasoned garbanzo beans* Blanched broccoli florets 11	Cheeseburger* <i>beef burger*</i> Veggie Chef Salad * Chopped lettuce & sliced tomatoes w/ranch* 12	Pancake w/ sausage* Pancake w/omelet* turkey & cheddar sandwich* Steamed corn 13
Chicken taco trio* bean and cheese pupusa* mighty meat deli sandwich* Seasoned green beans 16	Baked mac/cheese & chicken bites* <i>Greek meatballs flatbread*</i> hummus dippers* Green beans 17	Pepperoni Pizza* Cheese Pizza* Southwest veggie wrap* Baby carrots w/ranch 18	<i>Spaghetti & meatballs*</i> Spaghetti marinara w/mozzarella* Veggie Chef Salad * Pinto beans 19	<i>Hot dog*</i> Cheese ravioli* Chicken caesar salad* broccoli & carrot salad 20
Tamale(mild green chili cheese)* <i>Tamale (red chile chicken)*</i> Taco dippers* Chili cirtus corn 23	Spicy popcorn chicken sandwich* Creamy pasta alfredo* Turkey & cheddar sandwich* Steamed carrots 24	Pepperoni Pizza* Cheese Pizza* Veggie Chef Salad * Seasoned garbanzo beans* Steamed corn 25	Pepperjack cheeseburger* <i>beef burger*</i> Veggie Chef Salad * Chopped lettuce & sliced tomatoes w/ranch* 26	Pancake w/ sausage* Pancake w/omelet* buffalo chicken wrap* Coleslaw 27
Chicken enchiladas* Cheese enchiladas* mighty meaty deli sandwich* Baby carrots 30			Bold items are Vegetarian <i>Italicized are Dairy-Free</i>	

\$1.50 for breakfast, \$3.25 for lunch, and \$0.50 for a la carte milk

What do we mean when we use the phrase "meal pattern"? A meal pattern is a set of food items, and minimum quantities required for breakfast, or lunch or supper for a specific age group of children. These meal patterns are federally mandated.

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Breakfast
September 2019



No School	String cheese/ cinnamon grahams* Cheerios/animal crackers* 3	Hot cornbread & egg omelet* Blueberry burst whole grain bagel/cream cheese* corn chex/cinnamon goldfish grahams * 4	Hot cinnamon toast bagel* banana muffin/fruit* cheerios/educational snack* 5	Hot classic chicken & sausage & cheddar bagel sandwich* yogurt/granola* cinnamon chex* 6
Zee Zee cinnamon crisp* cheerios/animal crackers* orange juice 9	Hot biscuit & country gravy* breakfast cinnamon crumble* corn chex/educational snacks* 10	Hot pancake bowl strawberry* plain wheat bagel/cream cheese* cheerios/giant cinnamon goldfish* 11	Hot cheddar cheese & omelet gordita* blueberry muffin * cinnamon chex* 12	Hot french toast, maple turkey sausage & egg combo* mini french toast muffin & string cheese* corn chex/cinnamon goldfish grahams * 13
dipperdoodle bar* cheerios/animal crackers* orange juice 16	Hot pancakes w/syrup* autumn spice muffin* Cheerios/animal crackers * 17	Hot classic chicken & cheddar bagel sandwich* cinnamon raisin bagel* corn chex/educational snacks* 18	Hot cinnamon toast* blueberry muffin * cinnamon chex* 19	Hot cornbread & egg omelet* yogurt parfait strawberry* cheerios/educational snack* 20
Zee Zee cinnamon crisp* cheerios/animal crackers* orange juice 23	Hot pancake bowl peach* lemon muffin* cornchex/educational snacks* fruit 24	Hot sausage cheddar biscuit* plain wheat bagel/cream cheese* cinnamon chex* 25	Hot mini cheese w /french toast stick french toast muffin* cheerios/educational snack* 26	Hot chicken sausage & omelet gordita* Blueberry bagel/cream cheese* corn chex/cinnamon goldfish grahams * 27
dipperdoodle bar* cinamon chex * orange juice 30	<p style="text-align: center;">All meals served with Choice of Milk. Breakfast includes juice.</p>			<p style="text-align: center;"><i>The bottom line -packed lunch or school lunch?</i></p> <p style="text-align: center;"><i>The evidence shows that not many packed lunches sent from home get close to the standards that are laid down by law. So it might be better to opt for a nutritionally balanced school meal unless you really have the resources to pack up a healthy lunch yourself.</i></p>

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