

October Breakfast & Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div style="border: 1px solid black; border-radius: 15px; padding: 10px; background-color: #ffffcc;"> <p style="text-align: center;">Choice of: 1% low-fat Milk daily. Chocolate Milk offered on Fridays</p> </div>		[GF] = Gluten Free	1 Apple Pie Oatmeal, Orange [GF]	2 Banana Muffin, HB Egg, Craisins
			Chicken Caesar Wrap, Jicama, Orange	Union Hotel Cheese Pizza, Tossed Salad, Apple
5 Breakfast Burrito, Apple	6 Yogurt & Granola, Orange [GF]	7 Whole Wheat Pancakes w/Butter & Syrup, Banana	8 Blueberry Muffin, Cheese Stick, Apple	9 Whole Wheat Bagel w/Cream Cheese, Banana
Shredded Chicken Taco, Refried Beans, Orange [GF]	Classic Garden Salad, HB Egg, Whole Wheat Bread Slice, Craisins	Pesto Pasta, Carrots, Cheese Stick, Apple	Turkey Sandwich, Baked Fries, Orange	Union Hotel Cheese Pizza, Steamed Broccoli, Apple
12 Breakfast Burrito, Raisins	13 Yogurt & Granola, Apple [GF]	14 Whole Wheat French Toast w/Maple Syrup & Butter, Orange	15 Chocolate Chip Muffin, Cottage Cheese, Craisins	16 Whole Wheat Bagel w/Cream Cheese, Banana
Bean & Cheese Burrito, Brown Rice, Orange	Korean Bibimbap, Jicama, Orange	Spaghetti w/Marinara, Cheese Sticks, Spinach, Apple	Hummus, Tortilla Chips, Carrots, Orange [GF]	Union Hotel Cheese Pizza, Harmony Kale Salad, Apple
19 Breakfast Burrito, Orange	20 Yogurt & Granola, Apple [GF]	21 Whole Wheat Pancakes w/Butter & Syrup, Banana	22 Apple Cinnamon Muffin, Cheese Stick, Dried Fruit	23 Whole Wheat Bagel w/Cream Cheese, Orange
Carnitas Taco, Black Beans, Brown Rice, Apple [GF]	Veggie Hoagie, Jicama, Cheese Stick, Orange	Macaroni & Cheese, Cucumber, Orange	Turkey Hot Dog on a Whole Wheat Bun, Carrots, Apple	Union Hotel Cheese Pizza, Tossed Salad, Apple
26 Breakfast Burrito, Apple	27 Yogurt & Granola, Orange [GF]	28 Whole Wheat French Toast w/Butter & Syrup, Orange	29 Chocolate Chip Muffin, Cottage Cheese, Banana	30 Whole Wheat Bagel w/Cream Cheese, Apple
Beef Taco, Corn, Melon [GF]	Vegetarian Chili, Cornbread, Carrots, Apple	Pesto Pasta, Jicama, Cheese Stick, Apple	Veggie Burger on a Whole Wheat Bun, Carrots, Orange	Union Hotel Cheese Pizza, Spinach Salad, Orange

Food distribution times are Monday (serving meals for Monday & Tuesday).

Then again on Wednesday (serving meals for Wednesday, Thursday & Friday) from 9AM – 12PM near the flag circle on campus!

On Monday's from 11AM – 12PM, we will be hosting the Redwood Empire Food Bank. They will be providing boxes of dry goods as well as produce and sometimes dairy or bread.

These boxes will be supplemented with our own garden produce!

If you are interested in a food box but cannot make it during that time period or have any other questions, please email ajacobs@harmonyusd.org

All servings meet the government daily portion requirements • HUSD is an equal opportunity provider

Amanda Jacobs, Head of Cafeteria & Nutrition Program

Produce harvested fresh from the garden are utilized in this month's menu

Menu is subject to change due to availability of items