

Harmony Union School District

# November Breakfast & Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> Breakfast Burrito, Apple	<b>3</b> Yogurt & Granola, Orange	<b>4</b> Whole Wheat Pancakes w/Butter & Maple Syrup, Applesauce	<b>5</b> Apple Cinnamon Muffin, Cheese Stick, Orange	<b>6</b> Whole Wheat Bagel w/Cream Cheese, Apple
Shredded Chicken Taco, Refried Beans, Oranges <small>[Gluten Free]</small>	Baked Tofu, Roasted Butternut Squash, Brown Rice, Raisins	Spaghetti w/Marinara Sauce, Cheese Stick, Apple	Fruit Salad Yogurt, Home fries, Zucchini Bread	Union Hotel Cheese Pizza, Kale Salad, Craisins
<b>9</b> Breakfast Burrito, Banana	<b>10</b> Yogurt & Granola, Orange	<b>Veteran's Day</b> <b>NO SCHOOL</b> Meal Distribution will be on Thursday [11/12]	<b>12</b> Blueberry Muffin, Cheese Stick, Apple	<b>13</b> Whole Wheat Bagel w/Cream Cheese, Orange
Bean & Cheese Burrito, Brown Rice, Orange	Turkey Sandwich, Baby Carrots, Grapes		Hummus w/Dipping Veggies, Tortilla Chips, Orange <small>[Gluten Free]</small>	Union Hotel Cheese Pizza, Broccoli, Apple
<b>16</b> Breakfast Burrito, Orange	<b>17</b> Yogurt & Granola, Banana	<b>18</b> Whole Wheat French Toast w/Butter & Maple Syrup, Banana	<b>19</b> Chocolate Chip Muffin, Cottage Cheese, Apple	<b>20</b> Whole Wheat Bagel w/Cream Cheese, Orange
Carnitas Taco, Black Beans, Brown Rice, Apple <small>[Gluten Free]</small>	Tomato Soup, Cheese Sandwich, Orange	Chicken Caesar Salad, Brown Rice, Apple <small>[Gluten Free]</small>	Roast Turkey, Mashed Potatoes, Cornbread, Craisins	Union Hotel Cheese Pizza, Sautéed Spinach, Apple
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<b>Thanksgiving Break – NO School</b>				
<b>30</b> Breakfast Burrito, Apple	<b>Choice of:</b> 1% low-fat or non-fat Milk daily. Chocolate Milk offered on Fridays		<b>Produce in the Garden this month</b> Butternut Squash, Lettuce, Spinach, Kale, Basil and Garlic	
Beef Taco, Pinto Beans, Brown Rice, 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](mailto: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**