

Harmony Union School District

January Breakfast & Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
New Year's Day Observed	Teacher Inservice	Yogurt & Housemade Granola <u>or</u> Cold Cereal, Apple or Orange Slices	Blueberry Muffin <u>or</u> Cold Cereal, Apple or Orange Slices	Whole Wheat Pancakes w/Butter & Maple Syrup <u>or</u> Cold Cereal, Apple or Orange Slices
Holiday No School	No School for students	Baked Tofu, Brown Rice, Veggie Sticks, Apple Slices	Pesto Pasta, Lentils, Cheese Stick, Banana	Union Hotel Cheese Pizza, Harmony Kale Salad, Orange Slices
9	10	11	12	13
Whole Wheat Bagel w/ Cream Cheese <u>or</u> Cold Cereal, Apple or Orange Slices	Steel Cut Oatmeal w/Butter or Maple Syrup <u>or</u> Cold Cereal, Apple or Orange Slices	Breakfast Burrito <u>or</u> Cold Cereal, Apple or Orange Slices	Apple Cinnamon Muffin <u>or</u> Cold Cereal, Apple or Orange Slices	Whole Wheat Pancake w/Butter & Maple Syrup <u>or</u> Cold Cereal, Apple or Orange Slices
Grilled Cheese Sandwich, Creamy Tomato Soup, Dried Cranberries	Carnitas Taco, Brown Rice, Pinto Beans, Orange Slices	Yogurt & Granola, Seasoned Potatoes, Banana	Spaghetti w/Marinara Sauce, Cottage Cheese, Apple Slices	Union Hotel Cheese Pizza, Harmony Kale Salad, Orange Slices
16	17	18	19	20
NO SCHOOL	Fruity Oatmeal <u>or</u> Cold Cereal, Apple or Orange Slices	Housemade Granola & Yogurt <u>or</u> Cold Cereal, Apple or Orange Slices	Chocolate Chip Muffin <u>or</u> Cold Cereal, Apple or Orange Slices	Whole Wheat Pancakes w/Butter & Maple Syrup <u>or</u> Cold Cereal, Apple or Orange Slices
MLK Jr. Day	Shredded Chicken Taco, Refried Beans, Brown Rice, Apple Slices	Turkey & Cheese Sandwich, French Fries, Banana	Spaghetti w/Olive Oil & Garlic, Cottage Cheese, Baby Carrots, Orange Slices	Union Hotel Cheese Pizza, Broccoli Florets, Apple Slices
23	24	25	26	27
Whole Wheat Bagel w/ Cream Cheese <u>or</u> Cold Cereal, Apple or Orange Slices	Steel Cut Oatmeal w/Butter & Maple Syrup <u>or</u> Cold Cereal, Apple or Orange Slices	Breakfast Burrito <u>or</u> Cold Cereal, Apple or Orange Slices	Blueberry Muffin <u>or</u> Cold Cereal, Apple or Orange Slices	Whole Wheat Pancake w/Butter & Maple Syrup <u>or</u> Cold Cereal, Apple or Orange Slices
BBQ Chicken Drumsticks, Mashed Potatoes, Bread & Butter, Apple Slices	Soft Beef Taco, Pinto Beans, Brown Rice, Orange Slices	Sweet & Sour Pork, Brown Rice, Baby Carrots, Banana	Macaroni & Cheese, Cucumber Slices, Oatmeal Raisin Cookie, Apple Slices	Union Hotel Cheese Pizza, Broccoli Florets, Box of Raisins
30	31	Feb 1st	Feb 2nd	Feb 3rd
Whole Wheat Bagel w/ Cream Cheese <u>or</u> Cold Cereal, Apple or Orange Slices	Fruity Oatmeal <u>or</u> Cold Cereal, Apple or Orange Slices	Housemade Granola & Yogurt <u>or</u> Cold Cereal, Apple or Orange Slices	Banana Muffin <u>or</u> Cold Cereal, Apple or Orange Slices	Whole Wheat Pancake w/Butter & Maple Syrup <u>or</u> Cold Cereal, Apple or Orange Slices
Hot Dog on a Bun, Baked Beans, Orange Slices	Bean & Cheese Burrito, Brown Rice, Apple Slices	Loaded Baked Potato Soup, Whole Wheat Biscuits, Box of Raisins	Chicken Penne Pasta w/a Twist, Baby Carrots, Banana	Union Hotel Cheese Pizza, Harmony Kale Salad, Apple Slices

Breakfast: Choice of Cold Cereal, Alternate Fruit and Milk choice available daily.

Lunch: ♦ Choice of 1% Milk or Non-fat Chocolate Milk available daily
 ♦ Salad Bar & Baked Potato available daily but subject to change

Menu subject to change

In an effort to serve your children the freshest produce possible, daily fruit & vegetable choice will depend on what is seasonable and available in our garden or from our local produce company/contact.

All servings meet the government daily portion requirements • Harmony Union School District is an equal opportunity provider.

Amanda Jacobs, Head of Cafeteria & Nutrition Program



Healthy Birthday and Party Treat Ideas

The Wellness Committee is tasked with reducing the amount of refined sugar students are eating while at school. In an effort to do this, we recommend the following items in lieu of traditional birthday/party treats!

- Veggie platter
- Fruit kabobs
- Fruit with cream
- Stickers
- Popcorn
- Homemade muffins

Everyday Snack Ideas:

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| <ul style="list-style-type: none">➤ Hummus w/carrots, celery, peppers, & jicama➤ Hard-boiled eggs w/veggies➤ Fruit with nut butter➤ Fruit with nuts and seeds➤ Olives➤ Avocado with crackers➤ Rice cake with cream cheese➤ Pickles, cheese, walnuts, and olives➤ Smoothie➤ Salad with chicken or smoked salmon➤ Soup in a thermos➤ Plain yogurt fruit and nuts➤ Miso soup with rice/quinoa➤ Nori wrap with chicken, and veggies | <ul style="list-style-type: none">➤ Roasted chick peas➤ Kale chips➤ Kale salad➤ Chia pudding➤ High protein homemade muffins➤ Baked oatmeal in a mason Jar➤ Turkey, chicken or veggie wraps➤ Leftovers➤ 3-bean salad➤ Quinoa salad➤ Lentil salad➤ Your favorite meals➤ Sliced turkey rolled up with pickle, avocado & cucumber |
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Interested in learning more about appropriate school snacks?

For more information and resources on approved snacking options visit:

<https://www.fns.usda.gov/tn/guide-smart-snacks-schools>