





Harmony Union School District

May Breakfast & Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Sprouted Wheat Bagel w/Cream Cheese <u>or</u> Cold Cereal Option, Apple Slices Beans & Brown Rice, Cheese Stick, Raisins	3 Yogurt & Granola <u>or</u> Cold Cereal Option, Orange Slices Ground Beef Taco, Black Beans, Brown Rice, Apple Slices	4 Fruity Oatmeal <u>or</u> Cold Cereal Option, Yogurt, Apple Slices Spaghetti w/Marinara Sauce, Cottage Cheese, Celery Sticks, Banana	5 Chocolate Chip Muffin <u>or</u> Cold Cereal Option, Orange Slices Turkey Sandwich, Baked Fries, Apple Slices	6 Whole Wheat Pancakes w/Butter & Syrup <u>or</u> Cold Cereal Option, Apple Slices Union Hotel Cheese Pizza, Kale Salad, Pear Slices
9 Sprouted Wheat Bagel w/Cream Cheese <u>or</u> Cold Cereal Option, Apple Slices Cheese Quesadilla, Salsa, Corn, Orange Slices	10 Yogurt & Granola <u>or</u> Cold Cereal Option, Orange Slices Shredded Chicken Taco, Refried Beans, Brown Rice, Pear Slices	11 Scrambled Eggs, Whole Wheat Toast w/Butter <u>or</u> Cold Cereal Option, Apple Slices Mac-N-Cheese, Corn, Orange Slices	12 Blueberry Muffin <u>or</u> Cold Cereal Option, Orange Slices Hummus & Tortilla Chips, Dipping Veggies, Apple Slices	13 Whole Wheat French Toast w/Butter & Syrup <u>or</u> Cold Cereal Option, Apple Slices Union Hotel Cheese Pizza, Steamed Broccoli, Apple Slices
16 Sprouted Wheat Bagel w/Cream Cheese <u>or</u> Cold Cereal Option, Apple Slices Pulled Pork Sandwich, Jicama Sticks, Orange Slices	17 Yogurt & Granola <u>or</u> Cold Cereal Option, Orange Slices Bean & Cheese Burrito, Brown Rice, Apple Slices	18 Steel Cut Oatmeal w/Butter & Maple Syrup, Apple Slices Pesto Pasta, HB Egg, Carrots, Raisins	19 Chocolate Chip Muffin <u>or</u> Cold Cereal Option, Orange Slices Nachos w/Beans & Cheese, Corn, Apple Slices	20 Whole Wheat Pancakes w/Butter & Syrup <u>or</u> Cold Cereal Option, Apple Slices Union Hotel Cheese Pizza, Tossed Salad, Orange Slices
23 Sprouted Wheat Bagel w/Cream Cheese <u>or</u> Cold Cereal Option, Apple Slices BBQ Chicken, Bread & Butter, Mashed Potatoes, Orange Slices	24 Yogurt & Granola <u>or</u> Cold Cereal Option, Orange Slices Ground Beef Taco, Black Beans, Brown Rice, Apple Slices	25 Scrambled Eggs, Whole Wheat Toast w/Butter <u>or</u> Cold Cereal Option, Apple Slices Pasta w/Olive Oil & Garlic, Cottage Cheese, Cucumbers, Grapes	26 Blueberry Muffin <u>or</u> Cold Cereal Option, Orange Slices Caesar Salad, Brown Rice, HB Egg, Orange Slices	27 Whole Wheat French Toast w/Butter & Syrup <u>or</u> Cold Cereal Option, Apple Slices Union Hotel Cheese Pizza, Spinach Salad, Pear Slices
30 MEMORIAL DAY 	31 Yogurt & Granola <u>or</u> Cold Cereal Option, Slices Orange Slices Shredded Chicken Taco, Pinto Beans, Brown Rice, Banana			
NO SCHOOL				

June Breakfast & Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HAVE A GREAT SUMMER!!!!		1 Fruity Oatmeal <u>or</u> Cold Cereal Option, Apple Slices STUDENT APPRECIATION DAY Hamburger, Hot Dog or Veggie Burger, Potato Salad, Baby Carrots, Local Strawberries	2 Chocolate Chip Muffin <u>or</u> Cold Cereal Option, Orange Slices Yogurt & Granola, Homefries, Local Strawberries	3 Last Day of School Whole Wheat Pancakes w/Butter & Syrup <u>or</u> Cold Cereal Option, Apple Slices Union Hotel Cheese Pizza, Kale Salad, Banana
6	7	8	9	10
THE FIRST DAY OF SCHOOL IS: Wednesday, August 17 th , 2022				

If you have any 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 will be utilized in this month's menu
Menu is subject to change due to availability of items