

December Breakfast & Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Scrambled Egg, Whole Wheat Toast w/Butter, Apples	2 Blueberry Muffin, Yogurt, Banana	3 Whole Wheat Pancakes w/Butter & Maple Syrup, Orange
		Pesto Pasta, Cottage Cheese, Carrot Sticks, Banana	Tuna Wrap, Corn, Apples	Union Hotel Cheese Pizza, Harmony Kale Salad, Apples
6 Whole Wheat Bagel w/Cream Cheese, Apples	7 Yogurt & Granola, Orange	8 Breakfast Burrito, Banana	9 Apple Cinnamon Muffin, HB Egg, Raisins	10 Whole Wheat French Toast w/Butter & Maple Syrup, Apples
Tomato Soup, Grilled Cheese Sandwich, Celery Sticks, Apples	Shredded Chicken Taco, Brown Rice, Refried Beans, Banana	Spaghetti w/Marinara, Cottage Cheese, Tossed Salad, Apples	Turkey Sandwich w/Lettuce & Tomato, Baked Fries, Apples	Union Hotel Cheese Pizza, Broccoli, Orange
13 Whole Wheat Bagel w/Cream Cheese, Banana	14 Yogurt & Granola, Apples	15 Scrambled Egg, Whole Wheat Toast w/Butter, Orange	16 Chocolate Chip Muffin, Cottage Cheese, Apples	17 Whole Wheat Pancakes w/Butter & Maple Syrup, Banana
Turkey Hot Dog on a Whole Wheat Bun, Cucumbers, Apples	Bean & Cheese Burrito, Brown Rice, Celery Sticks, Orange	Pasta w/Garlic & Olive Oil, Cheese Cubes, Jicama, Apples	Tortilla Chips w/Hummus & Dipping Veggies, Raisins	Union Hotel Cheese Pizza, Harmony Kale Salad, Apples
20	21	22	23	24 Christmas Eve 
Winter Break - No School [Monday, 12/20/2021 – Friday, 12/31/2021] School Resumes – Tuesday, 1/3/2022				
27	28	29	30	31

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



Harvested fresh from the garden for this month's menu:

VEGETABLES: Beets, Kale, Bell Peppers, Swiss Chard, Broccoli, Lettuce, Spinach, Cabbage, Persimmons, Napa Cabbage
HERBS: Parsley, Dill, Cilantro