



March Breakfast & Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Yogurt & Granola <u>or</u> Cold Cereal, Apple or Orange Slices	2 Chocolate Chip Muffin <u>or</u> Cold Cereal, Apple or Orange Slices	3 Whole Wheat Pancakes w/Butter & Maple Syrup <u>or</u> Cold Cereal, Apple or Orange Slices
		Cheese Quesadilla, Salsa, Guacamole, Banana	Amazing Lo Mein, Chocolate Chip Cookie, Grapes	Union Hotel Cheese Pizza, Harmony Kale Salad, Apple Slices
6 Sprouted Wheat Bagel w/Cream Cheese <u>or</u> Cold Cereal, Apple or Orange Slices	7 Oatmeal w/Butter & Maple Syrup <u>or</u> Cold Cereal, Apple or Orange Slices	8 Breakfast Burrito <u>or</u> Cold Cereal, Apple or Orange Slices	9 Blueberry Muffin <u>or</u> Cold Cereal, Apple or Orange Slices	10 Whole Wheat Pancakes w/Butter & Maple Syrup <u>or</u> Cold Cereal, Apple or Orange Slices
Baked Tofu, Brown Rice, Whole Kernel Corn, Dried Cranberries, Apple Cobbler	Shredded Chicken Taco, Salsa, Pinto Beans, Brown Rice, Apple Slices	Grilled Cheese Sandwich, Creamy Tomato Soup, Orange Slices	Spaghetti w/Olive Oil & Garlic, Cottage Cheese, Baby Carrots, Banana	Union Hotel Cheese Pizza, Orange Ginger Kale Salad, Apple Slices
13 Sprouted Wheat Bagel w/Cream Cheese <u>or</u> Cold Cereal, Apple or Orange Slices	14 Fruity Oatmeal <u>or</u> Cold Cereal, Apple or Orange Slices	15 Yogurt & Homemade Granola <u>or</u> Cold Cereal, Apple or Orange Slices	16 Banana Muffin <u>or</u> Cold Cereal, Apple or Orange Slices	17 Whole Wheat Pancake w/Butter & Maple Syrup <u>or</u> Cold Cereal, Apple or Orange Slices
Chili w/Beans, Cornbread, Celery Sticks, Orange Slices	Pork Carnitas Street Tacos, Seasoned Black Beans, Brown Rice, Box of Raisins	Yogurt & Homemade Granola, Seasoned Oven Roasted Potatoes, Banana	Pesto Pasta, Mozzarella String Cheese Stick, Baby Carrots, Apple Slices	Union Hotel Cheese Pizza, Fresh Spinach, Grapes 
20 NO SCHOOL	21 NO SCHOOL	22 NO SCHOOL	23 NO SCHOOL	24 NO SCHOOL
<div> SPRING BREAK – NO SCHOOL Monday, March 20th – Friday, March 24th School Resumes – Monday, March 27th </div>				
27 Sprouted Wheat Bagel w/Cream Cheese <u>or</u> Cold Cereal, Apple or Orange Slices	28 Oatmeal w/Butter & Maple Syrup <u>or</u> Cold Cereal, Apple or Orange Slices	29 Breakfast Burrito <u>or</u> Cold Cereal, Apple or Orange Slices	30 Chocolate Chip Muffin <u>or</u> Cold Cereal, Apple or Orange Slices	31 Whole Wheat Pancake w/Butter & Maple Syrup <u>or</u> Cold Cereal, Apple or Orange Slices
Hot Dog on a Bun, Oven Baked French Fries, Carolina Coleslaw, Apple Slices	Beef Soft Taco, Refried Beans, Brown Rice, Banana	Loaded Baked Potato Soup, Turkey & Cheese Wrap, Orange Slices	Spaghetti w/Marinara Sauce, Cottage Cheese, Baby Carrots, Box of Raisins	Union Hotel Cheese Pizza, Broccoli Florets, Fresh Strawberries

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:

- | | |
|---|---|
| <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 |
|---|---|



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>