

April Breakfast & Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Sprouted Wheat Bagel w/Cream Cheese <u>or</u> Cold Cereal Option, Apple <u>or</u> Orange Slices Chicken & Sausage Jambalaya, Baby Carrots, Apple Slices	4 Fruity Oatmeal <u>or</u> Cold Cereal Option, Apple <u>or</u> Orange Slices Pork Carnitas Street Tacos, Seasoned Black Beans, Brown Rice, Orange Slices	5 Yogurt & Granola <u>or</u> Cold Cereal Option, Apple <u>or</u> Orange Slices Hummus & Dipping Veggies, Soft Pretzel Rods, Yogurt, Apple Slices	6 Banana Muffin <u>or</u> Cold Cereal Option, Apple <u>or</u> Orange Slices Penne Pasta Alfredo, Whole Kernel Corn, Cottage Cheese, Strawberries	7 FAMILY BREAKFAST Whole Wheat Pancakes w/Butter & Maple Syrup <u>or</u> Cold Cereal Option, Apple <u>or</u> Orange Slices Union Hotel Cheese Pizza, Harmony Kale Salad, Apple Slices
10 Sprouted Wheat Bagel w/Cream Cheese <u>or</u> Cold Cereal Option, Apple <u>or</u> Orange Slices Grilled Cheese Sandwich, Creamy Tomato Soup, Banana	11 Steel Cut Oatmeal w/Butter & Maple Syrup <u>or</u> Cold Cereal Option, Apple <u>or</u> Orange Slices Shredded Chicken Taco, Pinto Beans, Brown Rice, Apple Slices	12 Breakfast Burrito <u>or</u> Cold Cereal Option, Apple <u>or</u> Orange Slices Baked Tofu, Lentils, Brown Rice, Orange Slices	13 Blueberry Muffin <u>or</u> Cold Cereal Option, Apple <u>or</u> Orange Slices Macaroni & Cheese, Whole Kernel Corn, Orange Slices	14 Whole Wheat French Toast w/Butter & Maple Syrup <u>or</u> Cold Cereal Option, Apple <u>or</u> Orange Slices Union Hotel Cheese Pizza, Broccoli Florets, Apple Slices
17 Sprouted Wheat Bagel w/Cream Cheese <u>or</u> Cold Cereal Option, Apple <u>or</u> Orange Slices BBQ Roasted Chicken Drumsticks, Mashed Potatoes, Cornbread, Apple Slices	18 Fruity Oatmeal <u>or</u> Cold Cereal Option, Apple <u>or</u> Orange Slices Nachos w/Ground Beef, Pinto Beans, Brown Rice, Orange Slices	19 Yogurt & Granola <u>or</u> Cold Cereal Option, Apple <u>or</u> Orange Slices Chicken Noodle Soup, Turkey & Cheese Sandwich, Banana	20 Apple-Cinnamon Muffin <u>or</u> Cold Cereal Option, String Cheese, Apple <u>or</u> Orange Slices Pesto Pasta, HB Egg, Apple Slices	21 Whole Wheat Pancakes w/Butter & Maple Syrup <u>or</u> Cold Cereal Option, Apple <u>or</u> Orange Slices Spring Rolls, Brown Rice, Strawberries
24 Sprouted Wheat Bagel w/Cream Cheese <u>or</u> Cold Cereal Option, Apple <u>or</u> Orange Slices Chili w/Beans, Brown Rice, Banana	25 Steel Cut Oatmeal w/Butter & Maple Syrup <u>or</u> Cold Cereal Option, String Cheese, Apple <u>or</u> Orange Slices Nachos w/Ground Beef, Refried Beans, Apple Slices	26 Breakfast Burrito <u>or</u> Cold Cereal Option, Apple <u>or</u> Orange Slices Baked Tofu, Brown Rice, Whole Kernel Corn, Chocolate Chip Cookie, Orange Slices	27 Chocolate Chip Muffin <u>or</u> Cold Cereal Option, Apple <u>or</u> Orange Slices Spaghetti w/Marinara Sauce, Mozzarella String Cheese, Cucumber Slices, Box of Raisins	28 Whole Wheat French Toast w/Butter & Maple Syrup <u>or</u> Cold Cereal Option, Apple <u>or</u> Orange Slices Union Hotel Cheese Pizza, Broccoli Florets, 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
- Stickers
- Fruit kabobs
- Popcorn
- Fruit with cream
- 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>