

October Breakfast & Lunch Menu 2022

All meals for the 2022/2023 School Year are FREE of charge to ALL HUSD students

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Whole Wheat Bagel w/Cream Cheese, <u>or</u> Cold Cereal, Apple or Orange Slices Baked Tofu, Brown Rice, Baby Carrots, Banana	4 Fruity Oatmeal, <u>or</u> Cold Cereal, Apple or Orange Slices Shredded Chicken Taco, Pinto Beans, Brown Rice, Apple Slices	5 Yogurt & Homemade Granola, <u>or</u> Cold Cereal, Apple or Orange Slices Macaroni & Cheese, Cucumber Slices, Orange Slices	6 Zucchini Muffin <u>or</u> Cold Cereal Option, Apple or Orange Slices Turkey & Cheese Wrap or Hummus & Veggie Wrap, Butternut Squash Soup, Apple Slices	7 Teacher Inservice Day ★ No School for Students
10 Whole Wheat Bagel w/Cream Cheese, <u>or</u> Cold Cereal, Apple or Orange Slices Tuna Melt Quesadilla, Celery Sticks, Banana	11 Steel Cut Oats w/Butter & Maple Syrup <u>or</u> Cold Cereal, Apple or Orange Slices Bean & Cheese Burrito, Brown Rice, Jicama, Box of Raisins	12 Breakfast Burrito <u>or</u> Cold Cereal, Apple or Orange Slices BBQ Chicken Drumsticks, Mashed Potatoes, Banana Bread Square, Apple Slices	13 Apple-Cinnamon Muffin <u>or</u> Cold Cereal Option, Apple or Orange Slices Soft Baked Pretzel, Hummus, Cucumber Slices, Box of Raisins	14 Whole Wheat Pancake w/Butter & Maple Syrup, <u>or</u> Cold Cereal, Apple or Orange Slices Union Hotel Cheese Pizza, Broccoli Florets, Orange Slices
17 Whole Wheat Bagel w/Cream Cheese, <u>or</u> Cold Cereal, Apple or Orange Slices Grilled Cheese Sandwich, Creamy Tomato Soup, Apple Slices	18 Steel Cut Oats w/Butter & Maple Syrup, <u>or</u> Cold Cereal, Apple or Orange Slices Beef Soft Taco, Seasoned Black Beans, Brown Rice, Orange Slices	19 Yogurt & Homemade Granola, <u>or</u> Cold Cereal, Apple or Orange Slices Yogurt & Homemade Granola, <u>or</u> Cold Cereal, Box of Raisins	20 Chocolate Chip Muffin <u>or</u> Cold Cereal Option, Apple or Orange Slices Spaghetti w/Marinara Sauce, Cottage Cheese, Banana	21 Whole Wheat Pancakes w/Maple Syrup & Butter, <u>or</u> Cold Cereal, Apple or Orange Slices Union Hotel Cheese Pizza, Harmony Kale Salad, Apple Slices
24 Whole Wheat Bagel w/Cream Cheese, <u>or</u> Cold Cereal, Apple or Orange Slices Amazing Lo Mein, Celery Sticks, Orange Slices	25 Steel Cut Oats w/Butter & Maple Syrup, <u>or</u> Cold Cereal, Apple or Orange Slices Pork Carnitas Street Tacos, Refried Beans, Brown Rice, Banana	26 Breakfast Burrito, <u>or</u> Cold Cereal, Apple or Orange Slices Turkey & Cheese Sandwich, Apple Slices	27 Blueberry Muffin <u>or</u> Cold Cereal Option, Yogurt, Apple or Orange Slices Macaroni & Cheese, Roasted Beets, Grapes	28 Whole Wheat Pancake w/Maple Syrup & Butter, <u>or</u> Cold Cereal, Apple or Orange Slices Union Hotel Cheese Pizza, Fresh Spinach, Apple Slices
31 Whole Wheat Bagel w/Cream Cheese, <u>or</u> Cold Cereal, Apple or Orange Slices Nachos with Ground Beef, Orange Slices	Breakfast: Choice of Cold Cereal, Alternate Fruit and 1% or non-fat Milk available daily. Lunch: ★ Choice of 1% Milk or Non-fat Chocolate Milk available daily. ★ Salad Bar & Baked Potato available 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

