

November

COLD BREAKFAST K-12

Monday	Tuesday	Wednesday	Thursday	Friday
		<ul style="list-style-type: none"> lemon muffin cinnamon chex/zac attack apple 	<ul style="list-style-type: none"> cinnamon crumble assorted cereal 	<ul style="list-style-type: none"> HOLIDAY
		1	2	3
<ul style="list-style-type: none"> dipperdoodle bar cinnamon chex/zac attack strawberry 	<ul style="list-style-type: none"> cinnamon crumble assorted cereal 	<ul style="list-style-type: none"> french toast muffin multigrain cheerios w/mini dipperdoodle bar 	<ul style="list-style-type: none"> whole wheat bagel assorted cereal 	<ul style="list-style-type: none"> blueberry muffin assorted cereal
6	7	8	9	10
<ul style="list-style-type: none"> zee zees berry apple crisp bar cheerios w/mini dipperdoodle bar 	<ul style="list-style-type: none"> yogurt w/granola assorted cereal 	<ul style="list-style-type: none"> lemon muffin cinnamon chex/zac attack apple 	<ul style="list-style-type: none"> cinnamon crumble assorted cereal 	<ul style="list-style-type: none"> blueberry bagel w/ cream cheese assorted cereal
13	14	15	16	17
<ul style="list-style-type: none"> HOLIDAY 	<ul style="list-style-type: none"> HOLIDAY 	<ul style="list-style-type: none"> HOLIDAY 	<ul style="list-style-type: none"> HOLIDAY 	<ul style="list-style-type: none"> HOLIDAY
20	21	22	23	24
<ul style="list-style-type: none"> shelf stable cinnamon chex w/honey grahams 	<ul style="list-style-type: none"> yogurt w/granola Cinnamon chex/ honey grahams assorted cereal 	<ul style="list-style-type: none"> lemon muffin cinnamon chex/zac attack apple 	<ul style="list-style-type: none"> cinnamon crumble assorted cereal 	
27	28	29	30	

Lunch: choice of 1% or fat-free milk; fresh fruit available daily.

Dairy-free (DF) and vegetarian (V) options available daily – if not listed on the menu, available upon request.

o Vegetable of the day



November

HARMONY DALLAS LUNCH K-12

Monday	Tuesday	Wednesday	Thursday	Friday
		<ul style="list-style-type: none"> • cheeseburger • cheese pizza (VG) ○ steamed corn 	<ul style="list-style-type: none"> • breakfast for lunch: pancakes w/omelet (VG) • italian calzoni (VG) • honey mustard chicken wrap ○ broccoli 	<ul style="list-style-type: none"> • HOLIDAY
6	7	8	9	10
<ul style="list-style-type: none"> • cheese enchiladas (VG) • mac & cheese w/ chicken bites • garden ranch salad w/chicken ○ steamed carrots 	<ul style="list-style-type: none"> • hot dog (DF) • bean and cheese quesadilla (VG) • sesame chicken salad ○ chilled green beans 	<ul style="list-style-type: none"> • sloppy joe (DF) • cheese pizza • sunbutter & jelly sandwich (VG) ○ steamed corn 	<ul style="list-style-type: none"> • uncle ted's bbq chicken drumstick • buffalo chicken crunchadilla • veggie taco salad (VG) ○ blanched broccoli 	<ul style="list-style-type: none"> • spaghetti marinara (VG) • pepper jack cheeseburger • bbq chicken wrap ○ pinto beans ○ baby carrots w/ranch
13	14	15	16	17
<ul style="list-style-type: none"> • general tso's chicken • creamy tomato curry w/ tofu (VG) • might meaty deli sandwich ○ glazed carrots 	<ul style="list-style-type: none"> • jerk drumstick w/ pineapple carrot rice (DF) • mama's cheese tamale (VG) • chillin chinese chicken noodles ○ steamed corn 	<ul style="list-style-type: none"> • cheeseburger • cheese pizza (VG) • chicken caesar salad ○ broccoli 	<ul style="list-style-type: none"> • holiday meal: roasted turkey & stuffing (DF) • creamy pasta alfredo (VG) • turkey & cheese sandwich ○ green beans 	<ul style="list-style-type: none"> • crispy chicken sandwich (DF) • five cheese lasagna (VG) • sesame chicken wrap (DF) ○ black beans ○ baby carrots w/ranch
20	21	22	23	24
<ul style="list-style-type: none"> • HOLIDAY 	<ul style="list-style-type: none"> • HOLIDAY 	<ul style="list-style-type: none"> • HOLIDAY 	<ul style="list-style-type: none"> • HOLIDAY 	<ul style="list-style-type: none"> • HOLIDAY
27	28	29	30	
<ul style="list-style-type: none"> • chicken bites • chicken potstickers (DF) • egg salad sandwich (VG) ○ glazed carrots 	<ul style="list-style-type: none"> • hot dog (DF) • chicken tamale • cheese sandwich (VG) ○ chilled green beans 	<ul style="list-style-type: none"> • sloppy joe (DF) • cheese pizza (VG) • santa fe chicken wrap ○ steamed corn 	<ul style="list-style-type: none"> • fiesta scoops (VG) • chicken taco trio • chicken caesar salad ○ broccoli 	

Lunch: choice of 1% or fat-free milk; fresh fruit available daily.

Dairy-free (DF) and vegetarian (V) options available daily – if not listed on the menu, available upon request.

○ Vegetable of the day

