

November

BREAKFAST K-12

Monday	Tuesday	Wednesday	Thursday	Friday
		<ul style="list-style-type: none"> HOT southwest chicken chorizo & cheese bagel lemon muffin cinnamon chex/zac attack apple <p style="text-align: right;">1</p>	<ul style="list-style-type: none"> HOT cinnamon toast bagel cinnamon crumble assorted cereal <p style="text-align: right;">2</p>	<ul style="list-style-type: none"> HOLIDAY <p style="text-align: right;">3</p>
<ul style="list-style-type: none"> dipperdoodle bar cinnamon chex/zac attack strawberry <p style="text-align: right;">6</p>	<ul style="list-style-type: none"> HOT omelet w/cheese cinnamon crumble assorted cereal <p style="text-align: right;">7</p>	<ul style="list-style-type: none"> HOT pancakes french toast muffin multigrain cheerios w/mini dipperdoodle bar <p style="text-align: right;">8</p>	<ul style="list-style-type: none"> HOT egg & cheese breakfast burrito whole wheat bagel assorted cereal <p style="text-align: right;">9</p>	<ul style="list-style-type: none"> HOT chicken sausage & omelet gordita blueberry muffin assorted cereal <p style="text-align: right;">10</p>
<ul style="list-style-type: none"> zee zees berry apple crisp bar cheerios w/mini dipperdoodle bar <p style="text-align: right;">13</p>	<ul style="list-style-type: none"> HOT french toast, turkey sausage, & egg yogurt w/granola assorted cereal <p style="text-align: right;">14</p>	<ul style="list-style-type: none"> HOT chicken sausage & cheddar bagel lemon muffin cinnamon chex/zac attack apple <p style="text-align: right;">15</p>	<ul style="list-style-type: none"> HOT cinnamon toast bagel cinnamon crumble assorted cereal <p style="text-align: right;">16</p>	<ul style="list-style-type: none"> HOT turkey, pepper jack cheese, & omelet gordita blueberry bagel w/ cream cheese assorted cereal <p style="text-align: right;">17</p>
<ul style="list-style-type: none"> HOLIDAY <p style="text-align: right;">20</p>	<ul style="list-style-type: none"> HOLIDAY <p style="text-align: right;">21</p>	<ul style="list-style-type: none"> HOLIDAY <p style="text-align: right;">22</p>	<ul style="list-style-type: none"> HOLIDAY <p style="text-align: right;">23</p>	<ul style="list-style-type: none"> HOLIDAY <p style="text-align: right;">24</p>
<ul style="list-style-type: none"> shelf stable cinnamon chex w/honey grahams <p style="text-align: right;">27</p>	<ul style="list-style-type: none"> HOT french toast, turkey sausage, & egg yogurt w/granola Cinnamon chex/ honey grahams assorted cereal <p style="text-align: right;">28</p>	<ul style="list-style-type: none"> HOT chicken sausage & cheddar bagel lemon muffin cinnamon chex/zac attack apple <p style="text-align: right;">29</p>	<ul style="list-style-type: none"> HOT cinnamon toast bagel cinnamon crumble assorted cereal <p style="text-align: right;">30</p>	

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

LUNCH PSN

Monday	Tuesday	Wednesday	Thursday	Friday
		<ul style="list-style-type: none"> papa john's pizza 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
		1	2	3
<ul style="list-style-type: none"> cheese pizza panada pie (VG) diced carrots 	<ul style="list-style-type: none"> turkey & cheddar sandwich chilled green beans 	<ul style="list-style-type: none"> papa john's pizza steamed corn 	<ul style="list-style-type: none"> bbq chicken w/cheesy rice blanched broccoli 	<ul style="list-style-type: none"> pepper jack cheeseburger diced carrots w/ranch
6	7	8	9	10
<ul style="list-style-type: none"> might meaty deli sandwich diced glazed carrots 	<ul style="list-style-type: none"> mama's cheese tamale (VG) steamed corn 	<ul style="list-style-type: none"> papa john's pizza broccoli 	<ul style="list-style-type: none"> holiday meal: roasted turkey & stuffing (DF) green beans 	<ul style="list-style-type: none"> crispy chicken sandwich (DF) diced carrots w/ranch
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"> chicken bites (DF) diced glazed carrots 	<ul style="list-style-type: none"> chicken tamale chilled green beans 	<ul style="list-style-type: none"> cheeseburger steamed corn 	<ul style="list-style-type: none"> honey mustard chicken wrap broccoli 	
27	28	29	30	

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

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o Vegetable of the day



November

HARMONY AUSTIN PAPA JOHNS

Monday	Tuesday	Wednesday	Thursday	Friday
		<ul style="list-style-type: none"> papa john's pizza o steamed corn 	<ul style="list-style-type: none"> breakfast for lunch: pancakes w/omelet (VG) italian calzoni (VG) honey mustard chicken wrap o broccoli 	<ul style="list-style-type: none"> HOLIDAY
<ul style="list-style-type: none"> cheese panada pie (VG) mac & cheese w/ chicken bites garden ranch salad w/chicken o steamed carrots 	<ul style="list-style-type: none"> hot dog (DF) bean and cheese quesadilla (VG) sesame chicken salad o chilled green beans 	<ul style="list-style-type: none"> papa john's pizza o steamed corn 	<ul style="list-style-type: none"> uncle ted's bbq chicken drumstick buffalo chicken crunchadilla veggie taco salad (VG) o blanched broccoli 	<ul style="list-style-type: none"> spaghetti marinara (VG) pepper jack cheeseburger bbq chicken wrap o pinto beans o baby carrots w/ranch
<ul style="list-style-type: none"> general tso's chicken creamy tomato curry w/ tofu (VG) might meaty deli sandwich o glazed carrots 	<ul style="list-style-type: none"> jerk drumstick w/ pineapple carrot rice (DF) mama's cheese tamale (VG) chillin chinese chicken noodles o steamed corn 	<ul style="list-style-type: none"> papa john's pizza o broccoli 	<ul style="list-style-type: none"> holiday meal: roasted turkey & stuffing (DF) creamy pasta alfredo (VG) turkey & cheese sandwich o green beans 	<ul style="list-style-type: none"> crispy chicken sandwich (DF) five cheese lasagna (VG) sesame chicken wrap (DF) o black beans o baby carrots w/ranch
<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
<ul style="list-style-type: none"> chicken bites chicken potstickers (DF) egg salad sandwich (VG) o glazed carrots 	<ul style="list-style-type: none"> hot dog (DF) chicken tamale cheese sandwich (VG) o chilled green beans 	<ul style="list-style-type: none"> papa john's pizza o steamed corn 	<ul style="list-style-type: none"> fiesta scoops (VG) chicken taco trio chicken caesar salad o broccoli 	

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

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o Vegetable of the day



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

