

# November

## HARMONY DALLAS LUNCH K-12

Monday	Tuesday	Wednesday	Thursday	Friday
		<ul style="list-style-type: none"> <li>• cheeseburger</li> <li>• cheese pizza (VG)</li> <li>○ steamed corn</li> </ul> <p style="text-align: right;">1</p>	<ul style="list-style-type: none"> <li>• breakfast for lunch: pancakes w/omelet (VG)</li> <li>• italian calzoni (VG)</li> <li>• honey mustard chicken wrap</li> <li>○ broccoli</li> </ul> <p style="text-align: right;">2</p>	<ul style="list-style-type: none"> <li>• <b>HOLIDAY</b></li> </ul> <p style="text-align: right;">3</p>
<ul style="list-style-type: none"> <li>• cheese enchiladas (VG)</li> <li>• mac &amp; cheese w/ chicken bites</li> <li>• garden ranch salad w/chicken</li> <li>○ steamed carrots</li> </ul> <p style="text-align: right;">6</p>	<ul style="list-style-type: none"> <li>• hot dog (DF)</li> <li>• bean and cheese quesadilla (VG)</li> <li>• sesame chicken salad</li> <li>○ chilled green beans</li> </ul> <p style="text-align: right;">7</p>	<ul style="list-style-type: none"> <li>• sloppy joe (DF)</li> <li>• cheese pizza</li> <li>• sunbutter &amp; jelly sandwich (VG)</li> <li>○ steamed corn</li> </ul> <p style="text-align: right;">8</p>	<ul style="list-style-type: none"> <li>• uncle ted's bbq chicken drumstick</li> <li>• buffalo chicken crunchadilla</li> <li>• veggie taco salad (VG)</li> <li>○ blanched broccoli</li> </ul> <p style="text-align: right;">9</p>	<ul style="list-style-type: none"> <li>• spaghetti marinara (VG)</li> <li>• pepper jack cheeseburger</li> <li>• bbq chicken wrap</li> <li>○ pinto beans</li> <li>○ baby carrots w/ranch</li> </ul> <p style="text-align: right;">10</p>
<ul style="list-style-type: none"> <li>• general tso's chicken</li> <li>• creamy tomato curry w/ tofu (VG)</li> <li>• might meaty deli sandwich</li> <li>○ glazed carrots</li> </ul> <p style="text-align: right;">13</p>	<ul style="list-style-type: none"> <li>• jerk drumstick w/ pineapple carrot rice (DF)</li> <li>• mama's cheese tamale (VG)</li> <li>• chillin chinese chicken noodles</li> <li>○ steamed corn</li> </ul> <p style="text-align: right;">14</p>	<ul style="list-style-type: none"> <li>• cheeseburger</li> <li>• cheese pizza (VG)</li> <li>• chicken caesar salad</li> <li>○ broccoli</li> </ul> <p style="text-align: right;">15</p>	<ul style="list-style-type: none"> <li>• <b>holiday meal:</b> roasted turkey &amp; stuffing (DF)</li> <li>• creamy pasta alfredo (VG)</li> <li>• turkey &amp; cheese sandwich</li> <li>○ green beans</li> </ul> <p style="text-align: right;">16</p>	<ul style="list-style-type: none"> <li>• crispy chicken sandwich (DF)</li> <li>• five cheese lasagna (VG)</li> <li>• sesame chicken wrap (DF)</li> <li>○ black beans</li> <li>○ baby carrots w/ranch</li> </ul> <p style="text-align: right;">17</p>
<ul style="list-style-type: none"> <li>• <b>HOLIDAY</b></li> </ul> <p style="text-align: right;">20</p>	<ul style="list-style-type: none"> <li>• <b>HOLIDAY</b></li> </ul> <p style="text-align: right;">21</p>	<ul style="list-style-type: none"> <li>• <b>HOLIDAY</b></li> </ul> <p style="text-align: right;">22</p>	<ul style="list-style-type: none"> <li>• <b>HOLIDAY</b></li> </ul> <p style="text-align: right;">23</p>	<ul style="list-style-type: none"> <li>• <b>HOLIDAY</b></li> </ul> <p style="text-align: right;">24</p>
<ul style="list-style-type: none"> <li>• chicken bites</li> <li>• chicken potstickers (DF)</li> <li>• egg salad sandwich (VG)</li> <li>○ glazed carrots</li> </ul> <p style="text-align: right;">27</p>	<ul style="list-style-type: none"> <li>• hot dog (DF)</li> <li>• chicken tamale</li> <li>• cheese sandwich (VG)</li> <li>○ chilled green beans</li> </ul> <p style="text-align: right;">28</p>	<ul style="list-style-type: none"> <li>• sloppy joe (DF)</li> <li>• cheese pizza (VG)</li> <li>• santa fe chicken wrap</li> <li>○ steamed corn</li> </ul> <p style="text-align: right;">29</p>	<ul style="list-style-type: none"> <li>• fiesta scoops (VG)</li> <li>• chicken taco trio</li> <li>• chicken caesar salad</li> <li>○ broccoli</li> </ul> <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.

○ Vegetable of the day



# November

## BREAKFAST K-12

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

## COLD BREAKFAST K-12

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

## HARMONY DALLAS PAPA JOHNS

Monday	Tuesday	Wednesday	Thursday	Friday
		<ul style="list-style-type: none"> <li>papa john's pizza</li> <li>o steamed corn</li> </ul> <p style="text-align: right;">1</p>	<ul style="list-style-type: none"> <li>breakfast for lunch: pancakes w/omelet (VG)</li> <li>italian calzoni (VG)</li> <li>honey mustard chicken wrap</li> <li>o broccoli</li> </ul> <p style="text-align: right;">2</p>	<ul style="list-style-type: none"> <li><b>HOLIDAY</b></li> </ul> <p style="text-align: right;">3</p>
<ul style="list-style-type: none"> <li>cheese enchiladas (VG)</li> <li>mac &amp; cheese w/ chicken bites</li> <li>garden ranch salad w/chicken</li> <li>o steamed carrots</li> </ul> <p style="text-align: right;">6</p>	<ul style="list-style-type: none"> <li>hot dog (DF)</li> <li>bean and cheese quesadilla (VG)</li> <li>sesame chicken salad</li> <li>o chilled green beans</li> </ul> <p style="text-align: right;">7</p>	<ul style="list-style-type: none"> <li>papa john's pizza</li> <li>o steamed corn</li> </ul> <p style="text-align: right;">8</p>	<ul style="list-style-type: none"> <li>uncle ted's bbq chicken drumstick</li> <li>buffalo chicken crunchadilla</li> <li>veggie taco salad (VG)</li> <li>o blanched broccoli</li> </ul> <p style="text-align: right;">9</p>	<ul style="list-style-type: none"> <li>spaghetti marinara (VG)</li> <li>pepper jack cheeseburger</li> <li>bbq chicken wrap</li> <li>o pinto beans</li> <li>o baby carrots w/ranch</li> </ul> <p style="text-align: right;">10</p>
<ul style="list-style-type: none"> <li>general tso's chicken</li> <li>creamy tomato curry w/ tofu (VG)</li> <li>might meaty deli sandwich</li> <li>o glazed carrots</li> </ul> <p style="text-align: right;">13</p>	<ul style="list-style-type: none"> <li>jerk drumstick w/ pineapple carrot rice (DF)</li> <li>mama's cheese tamale (VG)</li> <li>chillin chinese chicken noodles</li> <li>o steamed corn</li> </ul> <p style="text-align: right;">14</p>	<ul style="list-style-type: none"> <li>papa john's pizza</li> <li>o broccoli</li> </ul> <p style="text-align: right;">15</p>	<ul style="list-style-type: none"> <li><b>holiday meal:</b> roasted turkey &amp; stuffing (DF)</li> <li>creamy pasta alfredo (VG)</li> <li>turkey &amp; cheese sandwich</li> <li>o green beans</li> </ul> <p style="text-align: right;">16</p>	<ul style="list-style-type: none"> <li>crispy chicken sandwich (DF)</li> <li>five cheese lasagna (VG)</li> <li>sesame chicken wrap (DF)</li> <li>o black beans</li> <li>o baby carrots w/ranch</li> </ul> <p style="text-align: right;">17</p>
<ul style="list-style-type: none"> <li><b>HOLIDAY</b></li> </ul> <p style="text-align: right;">20</p>	<ul style="list-style-type: none"> <li><b>HOLIDAY</b></li> </ul> <p style="text-align: right;">21</p>	<ul style="list-style-type: none"> <li><b>HOLIDAY</b></li> </ul> <p style="text-align: right;">22</p>	<ul style="list-style-type: none"> <li><b>HOLIDAY</b></li> </ul> <p style="text-align: right;">23</p>	<ul style="list-style-type: none"> <li><b>HOLIDAY</b></li> </ul> <p style="text-align: right;">24</p>
<ul style="list-style-type: none"> <li>chicken bites</li> <li>chicken potstickers (DF)</li> <li>egg salad sandwich (VG)</li> <li>o glazed carrots</li> </ul> <p style="text-align: right;">27</p>	<ul style="list-style-type: none"> <li>hot dog (DF)</li> <li>chicken tamale</li> <li>cheese sandwich (VG)</li> <li>o chilled green beans</li> </ul> <p style="text-align: right;">28</p>	<ul style="list-style-type: none"> <li>papa john's pizza</li> <li>o steamed corn</li> </ul> <p style="text-align: right;">29</p>	<ul style="list-style-type: none"> <li>fiesta scoops (VG)</li> <li>chicken taco trio</li> <li>chicken caesar salad</li> <li>o broccoli</li> </ul> <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

