

November

Lunch

HARMONY PUBLIC SCHOOLS

Monday	Tuesday	Wednesday	Thursday	Friday
October 30, 2017	October 31, 2017	November 1, 2017	November 2, 2017	November 3, 2017
		HOT DOG W/ POTATO ROUNDS Hot Dog Bun Taco Beans Mixed Fruit Cup Mustard Ketchup Multi Grain Sun Chips Choice of Milk	TACO MEAT Salsa Cup Soft Tortilla ^ Sliced Apples Choice of Milk	*NATIONAL SANDWICH DAY* DELI SUB SANDWICH ^ Romaine Lettuce Diced Onions Jalapenos Pickle Chips Fresh Banana Mustard Light Italian Dressing Choice of Milk
November 6, 2017	November 7, 2017	November 8, 2017	November 9, 2017	November 10, 2017
NO SCHOOL	CHEESE PIZZA ^ Broccoli Orange Juice Choice of Milk	VEGETARIAN CHILI WITH BEANS Tortilla Chips ^ Whole Kernel Corn Diced Peaches Choice of Milk	POPCORN CHICKEN ^ Celery Sticks Light Ranch Dressing Taco Beans BBQ Sauce Fresh Banana Choice of Milk	HOMESTYLE SALISBURY STEAK W/GRAVY Sliced Bread ^ (2) Mashed Potatoes Fresh Baby Carrots Light Ranch Dressing Fresh Pear Choice of Milk
November 13, 2017	November 14, 2017	November 15, 2017	November 16, 2017	November 17, 2017
CHICKEN TENDERS WITH POTATO WEDGES Taco Beans Applesauce Cup BBQ Sauce Ketchup Choice of Milk	*NEW ITEM* CUBAN PICADILLO ^ Green Beans Mixed Fruit Cup Choice of Milk	PEPPERONI PIZZA ^ Romaine Lettuce Light Ranch Dressing Diced Peaches Choice of Milk	HOLIDAY MEAL** TURKEY W/GRAVY STUFFING ^ & MASHED POTATOES Diced Carrots Sliced Apples Chocolate Cookie ^ Choice of Milk	RANCH TURKEY BURGER Hamburger Bun ^ Whole Kernel Corn Fresh Banana Mustard Ketchup Choice of Milk
November 20, 2017	November 21, 2017	November 22, 2017	November 23, 2017	November 24, 2017
NO SCHOOL	NO SCHOOL	NO SCHOOL	THANKSGIVING	NO SCHOOL
November 27, 2017	November 28, 2017	November 29, 2017	November 30, 2017	December 1, 2017
BAKED CHICKEN NUGGETS ^ Green Beans Taco Beans Orange Juice BBQ Sauce Choice of Milk	CHEESE PIZZA ^ Diced Carrots Diced Peaches Choice of Milk	CHICKEN TACO Tortilla Chips ^ Mixed Vegetables Mixed Fruit Cup Choice of Milk	HOT DOG W/ POTATO ROUNDS Hot Dog Bun ^ Romaine Lettuce Light Ranch Dressing Sliced Apples Mustard Ketchup (2) Choice of Milk	

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK. ** MENU SUBJECT TO CHANGE **

^ Denotes item is whole-grain/whole wheat

*** This institution is an equal opportunity provider.

SPECIAL DAYS
HAPPY THANKSGIVING
VETERANS DAY

Feature food days

NATIONAL SANDWICH DAY
MEATLESS MONDAY
HOLIDAY MEAL

Nutritional Information: HARMONY PUBLIC SCHOOLS

Nutrition Information and menus are planned using a blended estimate of milk choices served in schools. For individual milk nutrients consult actual labels on cartons served at the school.

	Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions
11-01-2017	HOT DOG W/ POTATO ROUNDS	164	11	4	0	25	369	11	1	1	5	0	3	0	1	MMA:1.5oz V:1/4c S
	Hot Dog Bun	110	2	0	0	0	230	19	2	3	5	0	0	80	1	G/B:1.5sv WG
	Taco Beans	233	2	0	0	0	544	42	11	2	14	120	4	131	2	V:1/2c L V:1/8c RO
	Mixed Fruit Cup	64	0	0	0	0	4	16	1	13	2	8	4	8	0	F:1/2c
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Multi Grain Sun Chips	140	6	1	0	0	120	18	3	2	2	0	0	0	0	G/B:1.25sv WG
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
11-02-2017	TACO MEAT	198	10	4	0	40	786	11	1	3	14	357	4	52	2	MMA:2oz V:5/8c RO
	Salsa Cup	31	0	0	0	0	96	6	1	0	1	141	3	0	2	V:1/4c RO
	Soft Tortilla ^	80	2	0	0	0	65	13	1	0	2	0	0	60	1	G/B:1sv WG
	Sliced Apples	30	0	0	0	0	0	7	1	6	0	0	21	20	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
11-03-2017	*NATIONAL SANDWICH DAY*	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	DELI SUB SANDWICH ^	287	13	5	0	54	819	30	3	2	14	40	1	151	2	MMA:2oz G/B:2sv WG
	Romaine Lettuce	5	0	0	0	0	2	1	1	0	0	124	1	9	0	V:1/2c DG
	Diced Onions	14	0	0	0	0	1	3	1	2	0	0	3	8	0	
	Jalapenos	5	0	0	0	0	394	1	1	1	0	39	5	26	0	V:1/4c O
	Pickle Chips	5	0	0	0	0	330	1	0	0	0	2	1	23	0	V:1/4c O
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Light Italian Dressing	10	0	0	0	0	170	2	0	2	0	0	0	0	0	
Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0		
11-06-2017	NO SCHOOL	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
11-07-2017	CHEESE PIZZA ^	333	11	5	0	23	587	38	3	4	17	135	2	420	2	MMA:1.5oz G/B:2.5sv WG V:1/4c RO
	Broccoli	25	0	0	0	0	23	4	3	1	3	49	53	53	1	V:1/2c DG
	Orange Juice	56	0	0	0	0	1	13	0	10	1	27	48	11	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
11-08-2017	VEGETARIAN CHILI WITH BEANS	175	1	0	0	0	892	32	7	11	10	157	6	73	3	MMA:2oz V:1/2c RO
	Tortilla Chips ^	120	4	0	0	0	105	18	2	0	2	0	0	20	0	G/B:1.25sv WG
	Whole Kernel Corn	73	1	0	0	0	3	17	2	2	2	8	5	3	0	V:1/2c S
	Diced Peaches	62	0	0	0	0	6	15	1	13	2	18	2	4	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	

Nutritional Information: HARMONY PUBLIC SCHOOLS

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	Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions
11-09-2017	POPCORN CHICKEN ^	255	14	3	0	22	388	16	3	1	16	33	0	0	2	MMA:2oz G/B:1sv WG
	Celery Sticks	5	0	0	0	0	26	1	0	1	0	7	1	13	0	V:1/4c O
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	Taco Beans	233	2	0	0	0	544	42	11	2	14	120	4	131	2	V:1/2c L V:1/8c RO
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
11-10-2017	HOMESTYLE SALISBURY STEAK W/GRAVY	198	10	4	0	41	823	12	0	2	13	15	1	36	1	MMA:2oz
	Sliced Bread ^ (2)	70	1	0	0	0	134	12	2	2	4	0	0	30	1	G/B:1sv WG
	Mashed Potatoes	79	0	0	0	0	275	17	1	1	3	0	59	41	0	V:1/2c S
	Fresh Baby Carrots	20	0	0	0	0	44	5	2	3	0	391	2	18	0	V:1/4c RO
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	Fresh Pear	67	0	0	0	0	1	18	4	11	0	1	5	10	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
11-13-2017	CHICKEN TENDERS WITH POTATO WEDGES	313	17	2	0	25	409	24	4	1	16	30	2	0	2	MMA:2oz G/B:1sv WG V:1/4c S
	Taco Beans	233	2	0	0	0	544	42	11	2	14	120	4	131	2	V:1/2c L V:1/8c RO
	Applesauce Cup	51	0	0	0	0	2	14	1	12	0	1	1	5	0	F:1/2c
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
11-14-2017	*NEW ITEM*	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	CUBAN PICADILLO ^	363	17	5	0	40	635	36	3	8	16	94	10	47	2	MMA:2oz G/B:1sv WG V:1/4c RO V:1/4c O
	Green Beans	30	0	0	0	0	2	6	2	2	1	21	10	33	1	V:1/2c O
	Mixed Fruit Cup	64	0	0	0	0	4	16	1	13	2	8	4	8	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
11-15-2017	PEPPERONI PIZZA ^	342	12	5	0	26	714	38	3	4	16	119	2	348	2	MMA:1.5oz G/B:2.5sv WG V:1/4c RO
	Romaine Lettuce	5	0	0	0	0	2	1	1	0	0	124	1	9	0	V:1/2c DG
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	Diced Peaches	62	0	0	0	0	6	15	1	13	2	18	2	4	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
11-16-2017	HOLIDAY MEAL**	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	TURKEY W/GRAVY STUFFING ^& MASHED POTATOES	601	24	10	1	45	2424	76	5	24	23	176	60	490	1	MMA:1.5oz G/B:1sv WG V:1/2c S
	Diced Carrots	38	0	0	0	0	64	9	3	4	1	770	5	30	0	V:1/2c RO
	Sliced Apples	30	0	0	0	0	0	7	1	6	0	0	21	20	0	F:1/2c
	Chocolate Cookie ^	120	5	1	0	0	45	19	1	6	2	0	0	0	1	G/B:1sv WG
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	

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	Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions
11-17-2017	RANCH TURKEY BURGER	148	8	2	0	42	327	4	0	1	15	20	1	76	2	MMA:2oz
	Hamburger Bun ^	140	2	0	0	0	270	26	2	3	6	0	0	40	1	G/B:2sv WG
	Whole Kernel Corn	109	1	0	0	0	4	26	3	3	4	12	8	5	0	V:3/4c S
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
11-20-2017	NO SCHOOL	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
11-21-2017	NO SCHOOL	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
11-22-2017	NO SCHOOL	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
11-23-2017	THANKSGIVING	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
11-24-2017	NO SCHOOL	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
11-27-2017	BAKED CHICKEN NUGGETS ^	225	12	2	0	44	475	12	1	0	16	38	0	0	0	MMA:2oz G/B:1sv WG
	Green Beans	30	0	0	0	0	2	6	2	2	1	21	10	33	1	V:1/2c O
	Taco Beans	233	2	0	0	0	544	42	11	2	14	120	4	131	2	V:1/2c L V:1/8c RO
	Orange Juice	56	0	0	0	0	1	13	0	10	1	27	48	11	0	F:1/2c
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
11-28-2017	CHEESE PIZZA ^	333	11	5	0	23	587	38	3	4	17	135	2	420	2	MMA:1.5oz G/B:2.5sv WG V:1/4c RO
	Diced Carrots	38	0	0	0	0	64	9	3	4	1	770	5	30	0	V:1/2c RO
	Diced Peaches	62	0	0	0	0	6	15	1	13	2	18	2	4	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
11-29-2017	CHICKEN TACO	122	6	2	0	45	379	5	1	2	14	187	4	74	1	MMA:2oz V:1/4c RO
	Tortilla Chips ^	120	4	0	0	0	105	18	2	0	2	0	0	20	0	G/B:1.25sv WG
	Mixed Vegetables	94	1	0	0	0	36	20	5	6	4	408	24	29	1	V:1/4c RO V:1/2c S
	Mixed Fruit Cup	64	0	0	0	0	4	16	1	13	2	8	4	8	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	

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HOT DOG W/ POTATO ROUNDS	164	11	4	0	25	369	11	1	1	5	0	3	0	1	MMA:1.5oz V:1/4c S
Hot Dog Bun ^	110	2	0	0	0	230	19	2	3	5	0	0	80	1	G/B:1.5sv WG
Romaine Lettuce	5	0	0	0	0	2	1	1	0	0	124	1	9	0	V:1/2c DG
Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
Sliced Apples	30	0	0	0	0	0	7	1	6	0	0	21	20	0	F:1/2c
Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
Ketchup (2)	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	

11-30-2017

Meal Contributions : M/MA = Meat/Meat Alternate F = Fruit V = Vegetable G/B = Grain/Bread W/G = Whole Grain
 Vegetable Types : DG = Dark Green R/O = Red/Orange L = Legumes S = Starchy O = Other