

November 2020

The Happy Bento

www.thehappybento.com/schoollunch

Due to occasional ingredient shortages, this menu is subject to change without notice. We will try our best to provide advance notice.

To see photos of what's for lunch, follow us on Instagram @thehappybento

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Teriyaki burger, seasonal fruit & vegetable	3 Chicken long rice, seasonal fruit & vegetable	4 Pizza with meat & cheese, seasonal fruit & vegetable	5 Tofu & vegetable stir-fry, brown rice, seasonal fruit	6 Chicken Alfredo, seasonal fruit & vegetable
9 Lasagna w/meat ¹ , seasonal fruit & vegetable	10 Sweet & sour chicken, brown rice, seasonal fruit & vegetable	11 NO SCHOOL Veteran's Day	12 Chicken Banh Mi (sandwich), seasonal fruit & vegetable	13 Taco boat, sweet potato fries, seasonal fruit
16 Island Chili, brown rice, seasonal fruit & vegetable	17 Chicken Tikka Masala, seasonal fruit & vegetable	18 Honey garlic tofu, seasonal fruit & vegetable	19 Sesame chicken & noodles, seasonal fruit & vegetable	20 Salmon Patties w/mashed potatoes, seasonal fruit & vegetable
23 Kalua chicken & cabbage, seasonal fruit & vegetable	24 Spaghetti ² & Meat Sauce, seasonal fruit & vegetable	25 Roast turkey w/gravy, corn, seasonal fresh fruit	26 NO SCHOOL Thanksgiving	27 NO SCHOOL School Holiday
30 Teriyaki burger, seasonal fruit & vegetable				

NOTES: All meals are nutritionist-designed and chef-prepared. All meat is lean with fat trimmed. All chicken is hormone-free, skinless & boneless. All produce is fresh, local and organic whenever possible (our kids demand canned corn so that's an exception). Sanitation protocols are strictly enforced. No refunds or proration for late orders after the 2nd meal of the month, however late orders still welcome and we'll start your child on the next service date (usually same day if orders arrive by 6am). Contact (808) 847-2523 or deanna@thehappybento.com with any questions.

¹ We use USDA 85%+ lean ground beef

² All pasta is whole grain