

# JULY 2022

# Harmon Oaks

# LUNCH



AM/Morning Snacks: Mon.: Cereal, milk, & bananas;  
Tues.: Raisin Bread/croissants, milk, & Bananas;  
Wed.: Bagel & Cream Cheese & bananas/apples;  
Thurs.: Bread & yogurt/cream cheese and fruit;  
Fri: Cheddar Cheese & Crackers & Banana



Afternoon Snack (3:30pm): Mon.: Apples& Melon and/or seasonal fruit  
Tues.: Grapes & Melons and /or seasonal fruit,  
Wed.: Apples and Pears and/or Seasonal Fruit  
Thurs.: Melons and/or seasonal fruit  
Fri: Watermelon/honeydew and/or seasonal fruit

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY



4

July 4 No School

5

Pack lunch from home

6

Pack lunch from home

7

Pack lunch from home

8

Pack lunch from home

11

Pack lunch from home

12

Pack lunch from home

13

Pack lunch from home

14

Pack lunch from home

15

Pack lunch from home

18

**Tomato meat sauce with penne & Salad**

19

**Turkey cheese sandwich & Salad & French fries & sweet potato fries**

20

**Chow mien with chicken & Veg ( broccoli, cabbage, carrot, bean spout, bell pepper)**

21

**Quesadilla & Guacamole, butter corn**

22

**Mac n Cheese & Turkey meatball & Steam Veggie**

25

**Chicken Alfredo & Salad, bread**

26

**Grilled cheese sandwich & fruit salad**

27

**Chow mien with chicken & Vegetables (broccoli, cabbage, carrot, bean spout, bell pepper)**

28

**Chicken breast tenders & Sweet potato french fries & Bake broccoli parmesan, carrot**

29

**Pizza (Cheese and Pepperoni) & Ice Lettuce Cucumber Salad**

Note: Salad variations include: iceberg lettuce , carrot , cucumber , red cabbage , cabbage , tomato, black bean, corn, bell pepper, pea & carrot, broccoli, roman lettuce, tomato, zucchini