

# 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

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

11

**Tomato meat sauce** with penne & **Salad**

12

**Grilled cheese sandwich** & **fruit salad**

13

**Salmon Teriyaki rice** & **Steamed Veggie**

14

**Quesadilla** & **Guacamole, butter corn**

15

**Chicken Alfredo** & **Salad, bread**

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