




# Harker ELI



## JULY 5<sup>th</sup> - AUGUST 5<sup>th</sup>

**\*BEVERAGE, SALAD, FRESH FRUIT & SANDWICHES SERVED DAILY\***

Monday	Tuesday	Wednesday	Thursday	Friday
 4	5 Pepperoni Pizza Cheese Pizza Fresh Veggie Crudité & Ranch Dip Tangerines	6 Beef Lasagna Cheese Lasagna Grilled Squash Medley Blueberry Yogurt Parfaits	7 Orange Chicken Orange Tofu Fried Brown Rice Steamed Edamame	8 Bowtie Pasta w/ Alfredo, Marinara or Plain Cheese Stuffed Whole Wheat Breadsticks Caesar Salad Wraps
11 All Beef Hot Dogs on Wheat Buns Baked Potato Bar Vegetarian Chili Watermelon Wedges	12 Chicken Enchiladas Cheese Enchiladas Spanish Rice & Beans Corn Kernels	13 Grilled Cheese Sandwich Creamy Tomato Basil Soup Gold Fish Crackers Orange Wedges	14 Spaghetti w/ Meat Sauce Spaghetti w/ Marinara Eggplant Roulades Whole Wheat Breadsticks	15 French Toast Sticks Scrambled Eggs Strawberry Banana Fruit Salad Cheese and Crackers
18 Ground Beef Soft Tacos Bean & Cheese Burritos Spanish Rice Fresh Chips & Salsa	19 Turkey Meatball Pita Pocket Falafel Pita Pocket Hummus & Pita Chips Greek Salad	20 Chicken Nuggets Veggie Nuggets Potato Wedges Glazed Carrots	21 Grilled Turkey Burgers Grilled Veggie Burgers Condiment Platter Sweet Potato Fries Carrots & Ranch Dip	22 Cheese Tortellini w/ Creamy Pesto, Marinara or Plain Sourdough Garlic Bread Steamed Broccoli
25 Pepperoni Pizza Cheese Pizza Caesar Salad Watermelon Wedges	26 Teriyaki Chicken and Hawaiian Rolls Veggie Pot Stickers Fried Rice Stir Fried Veggies	27 Cheese Omelets Bacon Potatoes O'Brien Soy Butter & Jelly Bagel Sandwiches	38 Penne w/ Meat Sauce Penne w/ Marinara Sauce Garlic Breadsticks Sautéed Peas	29 Grilled Cheese Sandwich Potato Wedges Steamed Broccoli Yogurt & Granola Parfaits
<b>AUGUST</b> 1 Grilled Hamburgers Grilled Veggie Burgers Condiment Platter Onion Rings Summer Potato Salad	2 Pigs in a Blanket Veggie Pigs in a Blanket Maple Baked Beans Asparagus Fries	3 Macaroni and Cheese Whole Wheat Bread Sticks Sautéed Green Beans	4 Chicken Samosas Potato Samosas Basmati Rice Roasted Cauliflower & Broccoli	5 Bean & Cheese Burritos Cheese Nachos Salsa & Guacamole Spanish Rice Churros