



Harker Summer Institute

9-12 Saratoga Campus



JUNE 13th - JULY 29th

BEVERAGE, SALAD, FRESH FRUIT & SANDWICHES SERVED DAILY

Monday	Tuesday	Wednesday	Thursday	Friday
JUNE 13 Grilled Hamburgers Veggie Burgers Veggie Condiment Platter Assorted Chips Potato Salad	14 Chicken Tenders Veggie Tenders Rice Pilaf Glazed Carrots	15 Ground Beef Crunchy Tacos Bean & Cheese Burritos Spanish Rice Chips & Fresh Salsa	16 Cheese Ravioli w/ Meat Sauce, Marinara or Plain Garlic Bread Sticks Steamed Broccoli	17 Cod Tenders N Fresh Potato Chips with Tartar Sauce Falafel N Pita Chips w/ Hummus Fresh Cole Slaw
20 Pepperoni Pizza Cheese Pizza Carrot & Celery Sticks w/ Ranch Watermelon Wedges	21 Chicken Fajitas w/ Assorted Toppings Cheese Quesadillas Spanish Rice & Beans Churros	22 Beef & Broccoli Stir Fry Veggie Spring Rolls Steamed Rice Veggie Lo Mein Noodles Fortune Cookie	23 Grilled BBQ Chicken BBQ Veggie Tenders Mashed Potatoes Corn on the Cob	24 Baked Macaroni & Cheese Whole Wheat Breadsticks Peas N Carrots
27 Chicken Breakfast Sausage Links Cheese Omelets Hash Browns Strawberry Yogurt Parfaits	28 Meatball & Marina Subs Veggie Tender & Marinara Subs Zucchini Sticks w/ Ranch Caprese Salad	29 Turkey Corn Dogs Veggie Corn Dogs Sweet Potato Fires Fresh Green Beans	30 Chicken Fettuccini Alfredo Fettuccini Alfredo or Plain Peas N Carrots Whole Wheat Bread Sticks	JULY 1 Chicken Nuggets Veggie Tenders Steamed Broccoli Baked Lays Chips & Spinach Artichoke Dip
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 Pockets Falafel Pita Pocket Pita Chips & Hummus 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