








HARMONY ACADEMY MENU FOR JULY 4th- JULY 8th 2022

MONDAY 4 th	TUESDAY 5 th	WEDNESDAY 6 th	THURSDAY 7 th	FRIDAY 8 th
BREAKFAST				
	blueberry muffin applesauce milk 	sausage biscuit oranges milk 	french toast diced pineapple milk 	whole grain cereal diced peaches milk 
LUNCH				
	spaghetti w/beef mashed potatoes sweet peas milk	chili w/beef whole grain rice sliced cucumbers fruit cocktail milk	chicken nuggets diced potatoes lima beans milk	cheese pizza whole kernel corn baked beans milk
SNACK				
	vanilla yogurt graham crackers ice water	soft pretzel cheddar cheese 100% fruit juice	strawberries animal crackers ice water	banana nut bread 100% fruit juice