

LUNCH AT HAND

HBF

July 2011

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				01 Roast Beef Roast Beef W/ Cheese Celery Sticks, 1/4 c Watermelon, 1/2 c 1% Chocolate Milk, 1/2 pt Mustard, 1 pp
04 Lunch At Hand Closed	05 Hero Sandwich Turkey, 1 oz Swiss Cheese, .5 oz Cheddar Cheese, .5 oz French Roll, 1 pp Lettuce Leaf Baby Carrots, 1/4 c Honeydew, 1/2 1% Milk, 1/2pt	06 Chicken Sliced Chicken Sliced Cheese, 1 oz Enriched Bread 2pp Peach Watermelon, 1/2 c 1% Chocolate Milk	07 Ham & Cheese Turkey Ham, 1 oz Cheddar Cheese, 1 oz, 2pp Pretzel Roll, 1 pp Zucchini Sticks w/ranch, 1/4 c Pear, 1/2 c 1% Milk, 1/2pt Mustard & Mayo Packet	08 Bagel Sandwich Turkey, 1 oz Turkey Salami, 1 oz Bagel - 2.3 oz Lettuce Leaf Cucumbers w/ranch, 1/4 c Apple, 1/2 c 1% Chocolate Milk
11 Turkey Lunchable Turkey, 1.5 oz Cheddar Cheese, .5 oz WW Bread Broccoli Florets w/ranch, 1/4 c Blueberries, 1/2 c Chewy Granola Bar, .9 oz 1% Milk, 1/2 pt	12 Turkey Bologna Turkey Bologna, 1 oz Swiss Cheese, 1 oz Flour Tortilla, 1 pp Sugar Snap Peas w/ranch, 1/4 c Peach, 1/2 c Goldfish Graham Cracker, .9oz 1% Chocolate Milk, 1/2 pt	13 Turkey & Ham Turkey, 1 oz Turkey Ham, 1 oz WW Bread, 2pp Grape Tomatoes, 1/4 c Watermelon, 1/2 1% Milk, 1/2 pt	14 Chicken Sliced Chicken Cheese .5oz WW Bread 2pp Broccoli Florets w/ranch, 1/2 c Apple Sauce, 1/4 c 1% Chocolate Milk, 1/2 pt	15 BBQ Chicken BBQ Chicken Chunks, 2.5 oz, 4 pp Swiss Cheese, .5 oz WW Pita Pocket, 1 pp Celery Sticks w/ranch, 1/4 c Cantaloupe, 1/2 c Animal Crackers, 1 oz 1% Milk, 1/2pt
18 Turkey Sandwich Turkey, 1.5 oz Cheddar Cheese, .5 oz Whole Wheat Bun, 1 pp Baby Carrots, 1/2 c Kiwi, 1/4 c Carnival Crunch, .9 oz 1% Chocolate Milk, 1/2pt	19 Turkey Turkey Ham WW Bread Broccoli Florets w/ranch, 1/4c Strawberries, 1/2 c 1% Milk, 1/2 pt Turkey	20 Chicken Sandwich Grilled Chicken, 2.5 oz Whole Wheat Bun, 1 pp Plum, 1/4 c Fresh Green Beans w/ranch, 1/2c Honey Mustard Packet, 1 pp 1% Chocolate Milk, 1/2 pt	21 Bagel Sandwich Turkey, 1 oz Turkey Salami, 1 oz Bagel - 2.3 oz Lettuce Leaf Cucumbers w/ranch, 1/4 c Apple, 1/4 c 1% Chocolate Milk	22 Roast Beef Roast Beef W/ Cheese Celery Sticks, 1/4 c Watermelon, 1/2 c 1% Chocolate Milk, 1/2 pt Mustard, 1 pp
25 Hero Sandwich Turkey, 1 oz Swiss Cheese, .5 oz Cheddar Cheese, .5 oz French Roll, 1 pp Lettuce Leaf Baby Carrots, 1/4 c Honeydew, 1/2 1% Milk, 1/2pt	26 Chicken Sliced Chicken Cheese .5oz WW Bread 2pp Broccoli Florets w/ranch, 1/2 c Apple Sauce, 1/4 c 1% Chocolate Milk, 1/2 pt	27 Ham & Cheese Turkey Ham, 1 oz Cheddar Cheese, 1 oz, 2pp Pretzel Roll, 1 pp Zucchini Sticks w/ranch, 1/4 c Pear, 1/2 c 1% Milk, 1/2pt Mustard & Mayo Packet	28 Bagel Sandwich Turkey, 1 oz Turkey Salami, 1 oz Bagel - 2.3 oz Lettuce Leaf Cucumbers w/ranch, 1/4 c Apple, 1/2 c 1% Chocolate Milk	29 Turkey Lunchable Turkey, 1.5 oz Cheddar Cheese, .5 oz WW Bread Broccoli Florets w/ranch, 1/4 c Blueberries, 1/2 c Chewy Granola Bar, .9 oz 1% Milk, 1/2 pt

ALL MILKS ARE 100% FULL CREAM MILK. ALL BREADS ARE ENRICHED CRACKERS FOR WHOLE GRAIN. MUSTARD IS 100% PURE.