### Hartford Public Schools Food & Child Nutrition Services

**SUMMER MEALS LUNCH MENU**

#### July 9 – August 3, 2018

**MONDAY**
- Whole Grain Chicken Tenders
- Mixed Vegetables
- Whole Grain Corn Muffin
- Fruit Choice
- Milk Choice

**TUESDAY**
- Whole Grain Personal Pizza
- Fresh & Crispy Veggie sticks
- Low Fat Dip
- Fruit Choice
- Milk Choice

**WEDNESDAY**
- All Beef Hot Dog on Whole Grain Roll
- Corn Cobettes
- Vegetarian Baked Beans
- Fruit Choice
- Milk Choice

**THURSDAY**
- Baked Breaded Chicken Leg
- Arroz Con Gandules
- Farm Fresh Spinach
- Whole Grain Roll
- Fruit Choice
- Milk Choice

**FRIDAY**
- Beef burger
- On Whole Grain Roll
- Oven Baked Potato Wedges
- Lettuce and Tomato-sliced
- Fruit Choice
- Milk Choice

**MONDAY**
- Whole Grain Popcorn Chicken
- Sweet Potato Wedges
- Marinated Cucumber & Celery Salad
- Fruit Choice
- Milk Choice
- Whole Grain Treat

**TUESDAY**
- Whole Grain Jamaican Beef Patty
- Callaloo OR Curried Cabbage
- 100% Fruit Juice
- Fruit Choice
- Milk Choice

**WEDNESDAY**
- Baked Breaded Regular or Spicy Chicken Fillet on Whole Grain Roll
- Sliced Lettuce and Tomato
- Chilled Potato Salad with Fresh Chives
- Fruit Choice

**THURSDAY**
- Twin Cheese Burgers on Whole Grain Rolls
- Corn Niblets
- Chilled Cole Slaw
- Fruit Choice
- Milk Choice
- 100% Frozen Fruit Treat

**FRIDAY**
- Whole Grain Pizza Wedge
- Rainbow Bell Pepper & Cucumber Salad
- Vegetable Juice
- Fruit Choice
- Milk Choice

**MONDAY**
- Cheesy Bread
- Tomato, Cucumber Salad with Fresh Basil
- 100% Fruit Juice
- Fruit Choice
- Milk Choice

**TUESDAY**
- Whole Grain Turkey Pepperoni and Cheese Pinwheel
- Local Farm Fresh Summer Squash with Diced Red Peppers
- Fruit Choice
- Milk Choice
- Whole Grain Cinnamon Goldfish

**WEDNESDAY**
- Cheese or Fresh Veggie Whole Grain French Bread Pizza
- Fresh Local Green Side Salad
- Vegetable Juice
- Fruit Choice
- Milk Choice

**THURSDAY**
- Turkey Taco Meat
- Taco Chips
- Shredded Lettuce & Tomato
- Shredded Cheese
- Fajita Lime Seasoned Brown Rice
- Fruit Choice
- Milk Choice

**FRIDAY**
- Baked Breaded Chicken Leg
- Seasoned Brown Rice
- Local Farm Fresh Zucchini
- Whole Grain Dinner Roll
- Fruit Choice
- Milk Choice
- Frozen 100% Fruit Treat
Daily Alternatives: Sunbutter Sandwich on Whole Grain Bread and Assorted Sandwiches on a Whole Grain Roll

Rich in Beta Carotene and Super Tasty Baby Carrots and Low Fat Ranch Dip are offered DAILY!

Milk is rich in Vitamin D, Calcium, Riboflavin, and Protein!

Our Farm Fresh Milk Choice are: Unflavored 1% Milk or Skim and Nonfat Chocolate

All Children under the age of 19 can get meals at no cost throughout the summer at many other sites throughout Hartford. Many offer hot lunch meal service!

Call 211 and ask about “Free Summer Meals” for more program locations right in your neighborhood!

¡Comidas Gratis para verano! ¡Llame al 211 para más información!

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