

SUMMER MEALS LUNCH MENU



July 9 – August 3, 2018

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>9</p> <p>Whole Grain Chicken Tenders Mixed Vegetables Whole Grain Corn Muffin</p> <p>Fruit Choice</p> <p>Milk Choice</p>	<p>10</p> <p>Whole Grain Personal Pizza Fresh & Crispy Veggie sticks Low Fat Dip</p> <p>Fruit Choice</p> <p>Milk Choice</p>	<p>11</p> <p>All Beef Hot Dog on Whole Grain Roll Corn Cobettes</p> <p>Vegetarian Baked Beans</p> <p>Fruit Choice</p> <p>Milk Choice</p>	<p>12</p> <p>Baked Breaded Chicken Leg Arroz Con Gandules Farm Fresh Spinach Whole Grain Roll</p> <p>Fruit Choice</p> <p>Milk Choice</p>	<p>13</p> <p>Beef burger On Whole Grain Roll</p> <p>Oven Baked Potato Wedges</p> <p>Lettuce and Tomato-sliced</p> <p>Fruit Choice</p> <p>Milk Choice</p>
<p>16</p> <p>Whole Grain Popcorn Chicken Sweet Potato Wedges</p> <p>Marinated Cucumber & Celery Salad</p> <p>Fruit Choice</p> <p>Milk Choice</p> <p>Whole Grain Treat</p>	<p>17</p> <p>Whole Grain Jamaican Beef Patty Callaloo OR</p> <p>Curried Cabbage</p> <p>100% Fruit Juice</p> <p>Fruit Choice</p> <p>Milk Choice</p>	<p>18</p> <p>Baked Breaded Regular or Spicy Chicken Fillet on Whole Grain Roll</p> <p>Sliced Lettuce and Tomato</p> <p>Chilled Potato Salad with Fresh Chives</p> <p>Fruit Choice</p>	<p>19</p> <p>Twin Cheese Burgers on Whole Grain Rolls</p> <p>Corn Niblets</p> <p>Chilled Cole Slaw</p> <p>Fruit Choice</p> <p>Milk Choice</p>	<p>20</p> <p>Whole Grain Pizza Wedge</p> <p>Rainbow Bell Pepper & Cucumber Salad</p> <p>Vegetable Juice</p> <p>Fruit Choice</p> <p>Milk Choice</p> <p>100% Frozen Fruit Treat</p>
<p>23</p> <p>Cheesy Bread</p> <p>Tomato, Cucumber Salad with Fresh Basil</p> <p>100% Fruit Juice</p> <p>Fruit Choice</p> <p>Milk Choice</p>	<p>24</p> <p>Whole Grain Turkey Pepperoni and Cheese Pinwheel</p> <p>Local Farm Fresh Summer Squash with Diced Red Peppers</p> <p>Fruit Choice</p> <p>Milk Choice</p> <p>Whole Grain Cinnamon Goldfish</p>	<p>25</p> <p>Cheese or Fresh Veggie Whole Grain French Bread Pizza</p> <p>Fresh Local Green Side Salad</p> <p>Vegetable Juice</p> <p>Fruit Choice</p> <p>Milk Choice</p>	<p>26</p> <p>Turkey Taco Meat</p> <p>Taco Chips</p> <p>Shredded Lettuce & Tomato</p> <p>Shredded Cheese</p> <p>Fajita Lime Seasoned Brown Rice</p> <p>Fruit Choice</p> <p>Milk Choice</p>	<p>27</p> <p>Baked Breaded Chicken Leg</p> <p>Seasoned Brown Rice</p> <p>Local Farm Fresh Zucchini</p> <p>Whole Grain Dinner Roll</p> <p>Fruit Choice</p> <p>Milk Choice</p> <p>Frozen 100% Fruit Treat</p>

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

30	31	August 1	2	3
Grilled Cheese on Whole Grain Bread	Beef Burger on a Whole Grain Roll	Whole Grain Beef & Cheese Burrito	Oven Baked Pork Choppette	Whole Grain Chicken Chunks
Fresh & Crispy Broccoli & Cauliflower Florets with Low Fat Ranch Dip	Oven Baked Yucca Sticks	Corn Salad with Diced Red Pepper	Sweet Potato Wedges	Farm Fresh Rainbow Swiss Chard
100% Fruit Juice	Sliced Lettuce and Tomato	Fruit Choice	Green Bean Salad	Sweet Potato Wedges
Fruit Choice	Fruit Choice	Milk Choice	Scott's Whole Grain Roll	Whole Grain Dinner Roll
Milk Choice	Milk Choice	Whole Grain Treat	Fruit Choice	Fruit Choice
			Milk 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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