# Hartford Public Schools Food & Child Nutrition Services

## Summer Meals Lunch Menu

**July 10th – August 4th**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tbody>
<tr>
<td>10 Whole Grain Chicken Tenders&lt;br&gt;Roasted Zucchini&lt;br&gt;Whole Grain Corn Muffin&lt;br&gt;Fruit Choice&lt;br&gt;Milk Choice</td>
<td>11 Whole Grain Personal Pizza&lt;br&gt;Vegetable Sticks&lt;br&gt;with Low Fat Ranch Dip&lt;br&gt;Fruit Choice&lt;br&gt;Milk Choice</td>
<td>12 All Beef Hot Dog&lt;br&gt;on a Whole Grain Roll&lt;br&gt;Fresh Veggie Sticks&lt;br&gt;with Low Fat Ranch Dip&lt;br&gt;Vegetarian Baked Beans&lt;br&gt;Whole Grain Treat&lt;br&gt;Fruit Choice&lt;br&gt;Milk Choice</td>
<td>13 Whole Grain Baked Breaded Chicken&lt;br&gt;Arroz Con Gandules Rice&lt;br&gt;Farm Fresh Spinach&lt;br&gt;Scott’s Whole Grain Roll&lt;br&gt;Fruit Choice&lt;br&gt;Milk Choice</td>
<td>14 Beef Burger&lt;br&gt;on a Whole Grain Roll&lt;br&gt;Oven Baked Potato Wedges&lt;br&gt;Fresh Veggie Sticks&lt;br&gt;Fruit Choice&lt;br&gt;Milk Choice</td>
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<td>17 Whole Grain Popcorn Chicken&lt;br&gt;Sweet Potato Wedges&lt;br&gt;Grape Tomatoes and Broccoli&lt;br&gt;with Low Fat Ranch Dip&lt;br&gt;Whole Grain Treat&lt;br&gt;Fruit Choice&lt;br&gt;Milk Choice</td>
<td>18 Scott’s Jamaican Beef Patty&lt;br&gt;Curried Cabbage&lt;br&gt;100% Fruit Juice&lt;br&gt;Fruit Choice&lt;br&gt;Milk Choice</td>
<td>19 Breaded Chicken Fillet&lt;br&gt;on a Whole Grain Roll&lt;br&gt;Vegetable Sticks&lt;br&gt;with Low Fat Ranch Dip&lt;br&gt;Vegetarian Baked Beans&lt;br&gt;Fruit Choice&lt;br&gt;Milk Choice</td>
<td>20 BBQ Beef Sandwich&lt;br&gt;on a Whole Grain Sub Roll&lt;br&gt;Corn Niblets&lt;br&gt;Pineapple Cole Slaw&lt;br&gt;with Shredded Carrots&lt;br&gt;Fruit Choice&lt;br&gt;Milk Choice</td>
<td>21 Whole Grain Pizza Wedge&lt;br&gt;Vegetable Juice&lt;br&gt;Zucchini and Grape Tomatoes&lt;br&gt;with Low Fat Ranch Dip&lt;br&gt;Frozen 100% Fruit Treat&lt;br&gt;Fruit Choice&lt;br&gt;Milk Choice</td>
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<td>24 Whole Grain Cheezy Bread&lt;br&gt;Broccoli and Celery Sticks&lt;br&gt;with Low Fat Ranch Dip&lt;br&gt;100% Fruit Juice&lt;br&gt;Fruit Choice&lt;br&gt;Milk Choice</td>
<td>25 Whole Grain Chicken Tenders&lt;br&gt;Sweet Potato Bites&lt;br&gt;Summer Squash with Red Peppers&lt;br&gt;Whole Grain Cinnamon Goldfish&lt;br&gt;Fruit Choice&lt;br&gt;Milk Choice</td>
<td>26 Cheese or Fresh Veggie&lt;br&gt;Whole Grain French Bread Pizza&lt;br&gt;Tomato and Cucumber salad&lt;br&gt;with fresh Basil&lt;br&gt;Fruit Choice&lt;br&gt;Milk Choice</td>
<td>27 Turkey Taco Meat with Taco Chips&lt;br&gt;Shredded Lettuce and Tomato&lt;br&gt;Shredded Cheese&lt;br&gt;Tex-Mex Bean Salad&lt;br&gt;Fajita Lime Seasoned Brown Rice&lt;br&gt;Fruit Choice&lt;br&gt;Milk Choice</td>
<td>28 Whole Grain Baked Breaded Chicken&lt;br&gt;Seasoned Brown Rice&lt;br&gt;Farm Fresh Zucchini&lt;br&gt;Whole Grain Dinner Roll&lt;br&gt;Frozen 100% Fruit Treat&lt;br&gt;Fruit Choice&lt;br&gt;Milk Choice</td>
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31
Whole Grain Grilled Cheese Sandwich
Zucchini Sticks and Baby Carrots with Low Fat Ranch Dip
Fruit Choice
Milk Choice

August 1st
Beef burger on a Whole Grain Roll
Oven Baked Potato Wedges
Lettuce and Tomato
Fruit Choice
Milk Choice

2
Whole Grain Beef and Cheese Burrito
Fresh Broccoli and Cauliflower Veggie Cup with Low Fat Ranch Dip
Fruit Choice
Milk Choice

3
Pulled Pork Sandwich on a Whole Grain Roll
Grape Tomatoes and Celery Sticks with Low Fat Ranch Dip
Vegetarian Baked Beans
Fruit Choice

4
Whole Grain Chicken Chunks
Sweet Potato Wedges
Chilled Corn Salad with Diced Red Pepper
Frozen 100% Fruit Treat
Fruit Choice

Daily Alternatives: Sunbutter Sandwich on Whole Grain Bread with Sunflower Seeds 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!

This institution is an Equal Opportunity Provider.