

# SUMMER MEALS LUNCH MENU



July 9 – August 3, 2018 **Carbohydrate and Allergen Information**

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

<p style="text-align: right;">9</p> <p>Whole Grain Chicken Tenders 16 WS Mixed Vegetables 5 Whole Grain Corn Muffin 23 WSME</p> <p>Fruit Choice 15</p> <p>Milk Choice 13, 20 M</p>	<p style="text-align: right;">10</p> <p>Whole Grain Personal Pizza 35 WSM Fresh &amp; Crispy Veggie sticks 5 Low Fat Dip 5 WSME</p> <p>Fruit Choice 15</p> <p>Milk Choice 13, 20 M</p>	<p style="text-align: right;">11</p> <p>All Beef Hot Dog 0 on Whole Grain Roll 27 WS Corn Cobettes 15</p> <p>Vegetarian Baked Beans 30</p> <p>Fruit Choice 15</p> <p>Milk Choice 13, 20 M</p>	<p style="text-align: right;">12</p> <p>Baked Breaded Chicken Leg 5 W Arroz Con Gandules 25 WS</p> <p>Farm Fresh Spinach 5</p> <p>Whole Grain Roll 16 WS</p> <p>Fruit Choice 15</p> <p>Milk Choice 13, 20 M</p>	<p style="text-align: right;">13</p> <p>Beef burger 0 On Whole Grain Roll 27 WS</p> <p>Oven Baked Potato Wedges</p> <p>Lettuce and Tomato-sliced 5 Fruit Choice 15</p> <p>Milk Choice 13, 20 M</p>
<p style="text-align: right;">16</p> <p>Whole Grain Popcorn Chicken 15 WS Sweet Potato Wedges</p> <p>Marinated Cucumber &amp; Celery Salad 5</p> <p>Fruit Choice 15</p> <p>Milk Choice 13, 20 M</p> <p>Whole Grain Treat 19 WS</p>	<p style="text-align: right;">17</p> <p>Whole Grain Jamaican Beef Patty 46 WS Callaloo 5 OR</p> <p>Curried Cabbage 5</p> <p>100% Fruit Juice 15</p> <p>Fruit Choice 15</p> <p>Milk Choice 13, 20 M</p>	<p style="text-align: right;">18</p> <p>Baked Breaded Regular or Spicy Chicken Fillet 14 WS on Whole Grain Roll 27 WS</p> <p>Sliced Lettuce and Tomato 5 Chilled Potato Salad with Fresh Chives 21 SE</p> <p>Fruit Choice 15</p> <p>Milk Choice 13, 20 M</p>	<p style="text-align: right;">19</p> <p>Twin Cheese Burgers on Whole Grain Rolls 36 WSM</p> <p>Corn Niblets 15</p> <p>Chilled Cole Slaw 5 SE Fruit Choice 15</p> <p>Milk Choice 13, 20 M</p>	<p style="text-align: right;">20</p> <p>Whole Grain Pizza Wedge 44 WSM</p> <p>Rainbow Bell Pepper &amp; Cucumber Salad 5 M</p> <p>Vegetable Juice 13</p> <p>Fruit Choice 15</p> <p>Milk Choice 13, 20 M</p>
<p style="text-align: right;">23</p> <p>Cheesy Bread 30 WSME Tomato, Cucumber Salad with Fresh Basil 5</p> <p>100% Fruit Juice 15</p> <p>Fruit Choice 15</p> <p>Milk Choice 13, 20 M</p>	<p style="text-align: right;">24</p> <p>Whole Grain Turkey Pepperoni and Cheese Pinwheel 28 WSM Local Farm Fresh Summer Squash with Diced Red Peppers 5</p> <p>Fruit Choice 15</p> <p>Milk Choice 13, 20 M</p> <p>Whole Grain Cinnamon Goldfish 19 WS</p>	<p style="text-align: right;">25</p> <p>Cheese or Fresh Veggie Whole Grain French Bread Pizza 33 WSM</p> <p>Fresh Local Green Side Salad 5 Vegetable Juice 13</p> <p>Fruit Choice 15</p> <p>Milk Choice 13, 20 M</p>	<p style="text-align: right;">26</p> <p>Turkey Taco Meat 3 S Taco Chips 26</p> <p>Shredded Lettuce &amp; Tomato 5 Shredded Cheese 1 S</p> <p>Fajita Lime Seasoned Brown Rice 23 WS</p> <p>Fruit Choice 15</p> <p>Milk Choice 13, 20 M</p>	<p style="text-align: right;">29</p> <p>Baked Breaded Chicken Leg 5 W Seasoned Brown Rice 23 WS Local Farm Fresh Zucchini 5</p> <p>Whole Grain Dinner Roll 16 WS</p> <p>Fruit Choice 15</p> <p>Milk Choice 13, 20 M</p> <p>Frozen 100% Fruit Treat 10</p>

# MONDAY

# TUESDAY

# WEDNESDAY

# THURSDAY

# FRIDAY

30	31	August 1	2	3
Grilled Cheese on Whole Grain Bread 32 WSM Fresh & Crispy Broccoli & Cauliflower Florets 5 with Low Fat Ranch Dip 5 WSME  100% Fruit Juice 15  Fruit Choice 15 Milk Choice 13, 20 M	Beef Burger 0 on a Whole Grain Roll 27 WS  Oven Baked Yucca Sticks 25 S  Sliced Lettuce and Tomato 5  Fruit Choice 15 Milk Choice 13, 20 M	Whole Grain Beef & Cheese Burrito 30 WSM  Corn Salad with Diced Red Pepper 15  Fruit Choice 15  Milk Choice 13, 20 M  Whole Grain Treat 19 WS	Oven Baked Pork Choppette 11 WS  Sweet Potato Wedges 31 S  Green Bean Salad 5  Scott's Whole Grain Roll 33 WS  Fruit Choice 15 Milk Choice 13, 20 M	Whole Grain Chicken Chunks 14 WS  Farm Fresh Rainbow Swiss Chard 5  Sweet Potato Wedges 31 S Whole Grain Dinner Roll 16 S  Fruit Choice 15 Milk Choice 13, 20 M  Frozen 100% Fruit Treat 10

**Key:** W=Wheat/Gluten, S=Soy, M=Milk/Dairy, E=Egg Grams of Carbohydrate are indicated by the number following the menu item

**Daily Alternatives:** Sunbutter Sandwich on Whole Grain Bread 66 WS and Assorted Sandwiches on a Whole Grain Roll 27 WSM

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!



sandwiches • salads • fruits • milk

**Free Summer Meals!**  
**Comidas de Verano Gratis!**

**Kids and teens 18 and under**  
**Niños y adolescentes de 18 años y menos**

FOR SITES NEAR YOU, CALL/LLAME **211**  
TEXT CTmeals TO **877877**  
[www.CTSummerMeals.org](http://www.CTSummerMeals.org)

**EHC!** **NOKID HUNGRY** **CSDE**

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