<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Whole Grain Chicken Tenders 16 WS  Mixed Vegetables 5  Whole Grain Corn Muffin 23 WSME  Fruit Choice 15  Milk Choice 13, 20 M</td>
<td>Whole Grain Personal Pizza 35 WSM  Fresh &amp; Crispy Veggie sticks 5  Low Fat Dip 5 WSME  Fruit Choice 15  Milk Choice 13, 20 M</td>
<td>All Beef Hot Dog 0 on Whole Grain Roll 27 WS  Corn Cobettes 15  Vegetarian Baked Beans 30  Fruit Choice 15  Milk Choice 13, 20 M</td>
<td>Baked Breaded Chicken Leg 5 W  Arroz Con Gandules 25 WS  Farm Fresh Spinach 5  Whole Grain Roll 16 WS  Fruit Choice 15  Milk Choice 13, 20 M</td>
<td>Beef burger 0  On Whole Grain Roll 27 WS  Oven Baked Potato Wedges  Lettuce and Tomato-sliced 5  Fruit Choice 15  Milk Choice 13, 20 M</td>
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<tr>
<td>Cheesy Bread 30 WSME  Tomato, Cucumber Salad with Fresh Basil 5  100% Fruit Juice 15  Fruit Choice 15  Milk Choice 13, 20 M</td>
<td>Whole Grain Turkey Pepperoni and Cheese Pinwheel 28 WSM  Local Farm Fresh Summer Squash with Diced Red Peppers 5  Fruit Choice 15  Milk Choice 13, 20 M  Whole Grain Cinnamon Goldfish 19 WS</td>
<td>Cheese or Fresh Veggie  Whole Grain French Bread Pizza 33 WSM  Fresh Local Green Side Salad 5  Vegetable Juice 13  Fruit Choice 15  Milk Choice 13, 20 M</td>
<td>Turkey Taco Meat 3 S  Taco Chips 26  Shredded Lettuce &amp; Tomato 5  Shredded Cheese 1 S  Fajita Lime Seasoned Brown Rice 23 WS  Fruit Choice 15  Milk Choice 13, 20 M</td>
<td>Baked Breaded Chicken Leg 5 W  Seasoned Brown Rice 23 WS  Local Farm Fresh Zucchini 5  Whole Grain Dinner Roll 16 WS  Fruit Choice 15  Milk Choice 13, 20 M  Frozen 100% Fruit Treat 10</td>
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</tbody>
</table>
### Monday
- 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

### Tuesday
- 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

### Wednesday
- 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

### Thursday
- August 1
- 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

### Friday
- 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
- Milk is rich in Vitamin D, Calcium, Riboflavin, and Protein!
- Our Farm Fresh Milk Choice are: Unflavored 1% Milk or Skim and Nonfat Chocolate

### Program Information
- 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!