

June

LUNCH MENU

GRADES 6-12

HARTFORD
PUBLIC SCHOOLS
Where the future is present.

MONDAY

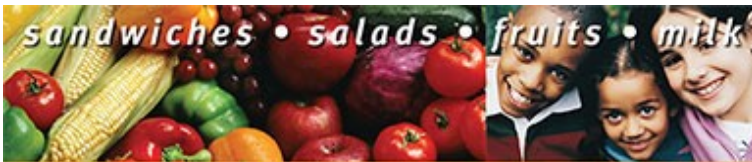
TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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| <p>3</p> <p>Cherry Blossom Chicken Seasoned Brown Rice Broccoli Spears Whole Grain Egg Roll Fruit Choice Milk Choice</p> | <p>4</p> <p>Baked Potato Conquest Sidewinders with Cheese Sauce and Seasoned Beef Lime Cilantro Black Beans Scott's Whole Grain Dinner Roll Fruit Choice Milk Choice</p> | <p>5</p> <p>Hamburger on a Whole Grain Roll Lettuce and Sliced Tomato Oven Baked Potato Wedge Fruit Choice Milk Choice</p> | <p>6</p> <p>Turkey Pot Roast Mashed Potatoes with Gravy Mixed Vegetables Warm Apple Stick Fruit Choice Milk Choice</p> | <p>7</p> <p>BBQ Beef Rib on a Whole Grain Roll Potato Smiles Vegetable Juice Fruit Choice Milk Choice</p> |
| <p>10</p> <p>All Beef Hot Dog on Whole Grain Roll Vegetarian Baked Beans Fruit Choice Milk Choice</p> | <p>11</p> <p>Baked Breaded Chicken Chunks Cross Trax Sweet Potatoes Whole Grain Corn Muffin Fruit Choice Milk Choice</p> | <p>12</p> <p>Early Release</p> <p>Whole Grain Personal Cheese Pizza Carrot Coins Fruit Choice Milk Choice</p> |  <p>Baby carrots and low fat dip are offered every day!</p> | |



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

DAILY ALTERNATIVES

- Whole Grain Bagel Protein Plate with 2 of the following: Yogurt, Cheese Stick, Sunbutter or Sunflower Seeds
- Whole Grain Sunbutter Sandwich
- Assorted Sandwiches on a Whole Grain Roll
- Assorted Salads with Scott's Whole Grain Roll
- Black Bean Burger on a Whole Grain Roll
- Vegetarian Hummus Plate with Sunflower seeds, Carrots, Whole Grain Crackers

Make time for SCHOOL BREAKFAST!

Breakfast is served Daily in ALL our schools!



Although we make every effort to serve menus as planned, this menu may change without notice.

This Is An Equal Opportunity Institution