

<p>All lunch entrees served will meet the required 2 m/ma and 1 grain. 1/2 cup fruit will be provided at each meal, 1/4 cup vegetable with lunch, and milk is 8 fl oz. per meal.</p>		<p align="center">East Hartford Cold Summer Menu BREAKFAST/LUNCH 2024</p>		
		<p align="center">Wednesday 12-Jun</p>	<p align="center">Thursday 13-Jun</p>	<p align="center">Friday 14-Jun</p>
		<p align="center">Breakfast- WGR Cinni Mini Rolls (2.29 oz), Fresh Fruit (1/2 cup), 100% Fruit Juice (4 fl oz), Low Fat / Skim Milk (8 fl oz)</p>	<p align="center">Breakfast- WGR Cereal (1 oz), 100% Fruit Juice (4 fl oz), Fresh Fruit (1/2 cup), Low Fat / Skim Milk (8 fl oz)</p>	<p align="center">Breakfast- WGR Fruit Frudel (2.29 oz), Fresh Fruit (1/2 cup), 100% Fruit Juice (4 fl oz), Low Fat / Skim Milk (8 fl oz)</p>
		<p align="center">Lunch- Chicken Salad Sandwich on WGR Bread, Fresh Whole Fruit (1 ea.), Snap Peas (1/4c), Low Fat / Skim Milk (8 fl oz)</p>	<p align="center">Lunch- Italian Sandwich on WGR Bread, Raisins (1/4c), Grape Tomatoes (1/4c), Low Fat / Skim Milk (8 fl oz)</p>	<p>Turkey Ham & Cheese Sandwich on WGR Bread, Whole Fresh Fruit (1 ea.), Celery Sticks (1/4c), Low Fat / Skim Milk (8 fl oz)</p>
<p align="center">Monday 17-Jun</p>	<p align="center">Tuesday 18-Jun</p>	<p align="center">Wednesday 19-Jun</p>	<p align="center">Thursday 20-Jun</p>	<p align="center">Friday 21-Jun</p>
<p align="center">Breakfast- Otis Spunkmeyer WGR Fruit Muffin (2 oz), Fresh Fruit (1/2 cup), 100% Fruit Juice (4 fl oz), Low Fat / Skim Milk (8 fl oz)</p>	<p align="center">Breakfast- WGR Cereal (1 oz), 100% Fruit Juice (4 fl oz), Fresh Fruit (1/2 cup), Low Fat / Skim Milk (8 fl oz)</p>	<p align="center">Breakfast- WGR Cinni Mini Rolls (2.29 oz), Fresh Fruit (1/2 cup), 100% Fruit Juice (4 fl oz), Low Fat / Skim Milk (8 fl oz)</p>	<p align="center">Breakfast- WGR Cereal (1 oz), 100% Fruit Juice (4 fl oz), Fresh Fruit (1/2 cup), Low Fat / Skim Milk (8 fl oz)</p>	<p align="center">Breakfast- WGR Fruit Frudel (2.29 oz), Fresh Fruit (1/2 cup), 100% Fruit Juice (4 fl oz), Low Fat / Skim Milk (8 fl oz)</p>
<p align="center">Lunch- Yogurt (4 oz), Cheese Stick (1 oz), WGR Bagel (2.3 oz), Cream Cheese (0.75 oz), Applesauce (1/2 cup), Baby Carrots (1/4c), Low Fat / Skim Milk (8 fl oz)</p>	<p align="center">Lunch: Turkey & Cheese Sandwich on WGR Bread, Whole Fresh Fruit (1 ea.), Broccoli Trees (1/4c), Low Fat / Skim Milk (8 fl oz)</p>	<p align="center">Lunch- Chicken Salad Sandwich on WGR Bread, Fresh Whole Fruit (1 ea.), Snap Peas (1/4c), Low Fat / Skim Milk (8 fl oz)</p>	<p align="center">Lunch- Italian Sandwich on WGR Bread, Raisins (1/4c), Grape Tomatoes (1/4c), Low Fat / Skim Milk (8 fl oz)</p>	<p>Turkey Ham & Cheese Sandwich on WGR Bread, Whole Fresh Fruit (1 ea.), Celery Sticks (1/4c), Low Fat / Skim Milk (8 fl oz)</p>
<p align="center">Monday 24-Jun</p>	<p align="center">Tuesday 25-Jun</p>	<p align="center">Wednesday 26-Jun</p>	<p align="center">Thursday 27-Jun</p>	<p align="center">Friday 28-Jun</p>
<p align="center">Breakfast- Otis Spunkmeyer WGR Fruit Muffin (2 oz), Fresh Fruit (1/2 cup), 100% Fruit Juice (4 fl oz), Low Fat / Skim Milk (8 fl oz)</p>	<p align="center">Breakfast- WGR Cereal (1 oz), 100% Fruit Juice (4 fl oz), Fresh Fruit (1/2 cup), Low Fat / Skim Milk (8 fl oz)</p>	<p align="center">Breakfast- WGR Cinni Mini Rolls (2.29 oz), Fresh Fruit (1/2 cup), 100% Fruit Juice (4 fl oz), Low Fat / Skim Milk (8 fl oz)</p>	<p align="center">Breakfast- WGR Cereal (1 oz), 100% Fruit Juice (4 fl oz), Fresh Fruit (1/2 cup), Low Fat / Skim Milk (8 fl oz)</p>	<p align="center">Breakfast- WGR Fruit Frudel (2.29 oz), Fresh Fruit (1/2 cup), 100% Fruit Juice (4 fl oz), Low Fat / Skim Milk (8 fl oz)</p>
<p align="center">Lunch- Yogurt (4 oz), Cheese Stick (1 oz), WGR Bagel (2.3 oz), Cream Cheese (0.75 oz), Applesauce (1/2 cup), Baby Carrots (1/4c), Low Fat / Skim Milk (8 fl oz)</p>	<p align="center">Lunch: Turkey & Cheese Sandwich on WGR Bread, Whole Fresh Fruit (1 ea.), Broccoli Trees (1/4c), Low Fat / Skim Milk (8 fl oz)</p>	<p align="center">Lunch- Chicken Salad Sandwich on WGR Bread, Fresh Whole Fruit (1 ea.), Snap Peas (1/4c), Low Fat / Skim Milk (8 fl oz)</p>	<p align="center">Lunch- Italian Sandwich on WGR Bread, Raisins (1/4c), Grape Tomatoes (1/4c), Low Fat / Skim Milk (8 fl oz)</p>	<p>Turkey Ham & Cheese Sandwich on WGR Bread, Whole Fresh Fruit (1 ea.), Celery Sticks (1/4c), Low Fat / Skim Milk (8 fl oz)</p>
<p align="center">Monday 1-Jul</p>	<p align="center">Tuesday 2-Jul</p>	<p align="center">Wednesday 3-Jul</p>	<p align="center">Thursday 4-Jul</p>	<p align="center">Friday 5-Jul</p>
<p align="center">Breakfast- Otis Spunkmeyer WGR Fruit Muffin (2 oz), Fresh Fruit (1/2 cup), 100% Fruit Juice (4 fl oz), Low Fat / Skim Milk (8 fl oz)</p>	<p align="center">Breakfast- WGR Cereal (1 oz), 100% Fruit Juice (4 fl oz), Fresh Fruit (1/2 cup), Low Fat / Skim Milk (8 fl oz)</p>	<p align="center">Breakfast- WGR Cinni Mini Rolls (2.29 oz), Fresh Fruit (1/2 cup), 100% Fruit Juice (4 fl oz), Low Fat / Skim Milk (8 fl oz)</p>	<p align="center">Fourth of July</p>	<p align="center">Breakfast- WGR Fruit Frudel (2.29 oz), Fresh Fruit (1/2 cup), 100% Fruit Juice (4 fl oz), Low Fat / Skim Milk (8 fl oz)</p>
<p align="center">Lunch- Yogurt (4 oz), Cheese Stick (1 oz), WGR Bagel (2.3 oz), Cream Cheese (0.75 oz), Applesauce (1/2 cup), Baby Carrots (1/4c), Low Fat / Skim Milk (8 fl oz)</p>	<p align="center">Lunch: Turkey & Cheese Sandwich on WGR Bread, Whole Fresh Fruit (1 ea.), Broccoli Trees (1/4c), Low Fat / Skim Milk (8 fl oz)</p>	<p align="center">Lunch- Chicken Salad Sandwich on WGR Bread, Fresh Whole Fruit (1 ea.), Snap Peas (1/4c), Low Fat / Skim Milk (8 fl oz)</p>	<p align="center">No Summer Meals</p>	<p>Turkey Ham & Cheese Sandwich on WGR Bread, Whole Fresh Fruit (1 ea.), Celery Sticks (1/4c), Low Fat / Skim Milk (8 fl oz)</p>

Monday 8-Jul	Tuesday 9-Jul	Wednesday 10-Jul	Thursday 11-Jul	Friday 12-Jul
Breakfast- Otis Spunkmeyer WGR Fruit Muffin (2 oz), Fresh Fruit (1/2 cup), 100% Fruit Juice (4 fl oz), Low Fat / Skim Milk (8 fl oz)	Breakfast- WGR Cereal (1 oz), 100% Fruit Juice (4 fl oz), Fresh Fruit (1/2 cup), Low Fat / Skim Milk (8 fl oz)	Breakfast- WGR Cinni Mini Rolls (2.29 oz), Fresh Fruit (1/2 cup), 100% Fruit Juice (4 fl oz), Low Fat / Skim Milk (8 fl oz)	Breakfast- WGR Cereal (1 oz), 100% Fruit Juice (4 fl oz), Fresh Fruit (1/2 cup), Low Fat / Skim Milk (8 fl oz)	Breakfast- WGR Fruit Frudel (2.29 oz), Fresh Fruit (1/2 cup), 100% Fruit Juice (4 fl oz), Low Fat / Skim Milk (8 fl oz)
Lunch- Yogurt (4 oz), Cheese Stick (1 oz), WGR Bagel (2.3 oz), Cream Cheese (0.75 oz), Applesauce (1/2 cup), Baby Carrots (1/4c), Low Fat / Skim Milk (8 fl oz)	Lunch: Turkey & Cheese Sandwich on WGR Bread, Whole Fresh Fruit (1 ea.), Broccoli Trees (1/4c), Low Fat / Skim Milk (8 fl oz)	Lunch- Chicken Salad Sandwich on WGR Bread, Fresh Whole Fruit (1 ea.), Snap Peas (1/4c), Low Fat / Skim Milk (8 fl oz)	Lunch- Italian Sandwich on WGR Bread, Raisins (1/4c), Grape Tomatoes (1/4c), Low Fat / Skim Milk (8 fl oz)	Turkey Ham & Cheese Sandwich on WGR Bread, Whole Fresh Fruit (1 ea.), Celery Sticks (1/4c), Low Fat / Skim Milk (8 fl oz)
Monday 15-Jul	Tuesday 16-Jul	Wednesday 17-Jul	Thursday 18-Jul	Friday 19-Jul
Breakfast- Otis Spunkmeyer WGR Fruit Muffin (2 oz), Fresh Fruit (1/2 cup), 100% Fruit Juice (4 fl oz), Low Fat / Skim Milk (8 fl oz)	Breakfast- WGR Cereal (1 oz), 100% Fruit Juice (4 fl oz), Fresh Fruit (1/2 cup), Low Fat / Skim Milk (8 fl oz)	Breakfast- WGR Cinni Mini Rolls (2.29 oz), Fresh Fruit (1/2 cup), 100% Fruit Juice (4 fl oz), Low Fat / Skim Milk (8 fl oz)	Breakfast- WGR Cereal (1 oz), 100% Fruit Juice (4 fl oz), Fresh Fruit (1/2 cup), Low Fat / Skim Milk (8 fl oz)	Breakfast- WGR Fruit Frudel (2.29 oz), Fresh Fruit (1/2 cup), 100% Fruit Juice (4 fl oz), Low Fat / Skim Milk (8 fl oz)
Lunch- Yogurt (4 oz), Cheese Stick (1 oz), WGR Bagel (2.3 oz), Cream Cheese (0.75 oz), Applesauce (1/2 cup), Baby Carrots (1/4c), Low Fat / Skim Milk (8 fl oz)	Lunch: Turkey & Cheese Sandwich on WGR Bread, Whole Fresh Fruit (1 ea.), Broccoli Trees (1/4c), Low Fat / Skim Milk (8 fl oz)	Lunch- Chicken Salad Sandwich on WGR Bread, Fresh Whole Fruit (1 ea.), Snap Peas (1/4c), Low Fat / Skim Milk (8 fl oz)	Lunch- Italian Sandwich on WGR Bread, Raisins (1/4c), Grape Tomatoes (1/4c), Low Fat / Skim Milk (8 fl oz)	Turkey Ham & Cheese Sandwich on WGR Bread, Whole Fresh Fruit (1 ea.), Celery Sticks (1/4c), Low Fat / Skim Milk (8 fl oz)
Monday 22-Jul	Tuesday 23-Jul	Wednesday 24-Jul	Thursday 25-Jul	Friday 26-Jul
Breakfast- Otis Spunkmeyer WGR Fruit Muffin (2 oz), Fresh Fruit (1/2 cup), 100% Fruit Juice (4 fl oz), Low Fat / Skim Milk (8 fl oz)	Breakfast- WGR Cereal (1 oz), 100% Fruit Juice (4 fl oz), Fresh Fruit (1/2 cup), Low Fat / Skim Milk (8 fl oz)	Breakfast- WGR Cinni Mini Rolls (2.29 oz), Fresh Fruit (1/2 cup), 100% Fruit Juice (4 fl oz), Low Fat / Skim Milk (8 fl oz)	Breakfast- WGR Cereal (1 oz), 100% Fruit Juice (4 fl oz), Fresh Fruit (1/2 cup), Low Fat / Skim Milk (8 fl oz)	Breakfast- WGR Fruit Frudel (2.29 oz), Fresh Fruit (1/2 cup), 100% Fruit Juice (4 fl oz), Low Fat / Skim Milk (8 fl oz)
Lunch- Yogurt (4 oz), Cheese Stick (1 oz), WGR Bagel (2.3 oz), Cream Cheese (0.75 oz), Applesauce (1/2 cup), Baby Carrots (1/4c), Low Fat / Skim Milk (8 fl oz)	Lunch: Turkey & Cheese Sandwich on WGR Bread, Whole Fresh Fruit (1 ea.), Broccoli Trees (1/4c), Low Fat / Skim Milk (8 fl oz)	Lunch- Chicken Salad Sandwich on WGR Bread, Fresh Whole Fruit (1 ea.), Snap Peas (1/4c), Low Fat / Skim Milk (8 fl oz)	Lunch- Italian Sandwich on WGR Bread, Raisins (1/4c), Grape Tomatoes (1/4c), Low Fat / Skim Milk (8 fl oz)	Turkey Ham & Cheese Sandwich on WGR Bread, Whole Fresh Fruit (1 ea.), Celery Sticks (1/4c), Low Fat / Skim Milk (8 fl oz)
Monday 29-Jul	Tuesday 30-Jul	Wednesday 31-Jul	Thursday 1-Aug	Friday 2-Aug
Breakfast- Otis Spunkmeyer WGR Fruit Muffin (2 oz), Fresh Fruit (1/2 cup), 100% Fruit Juice (4 fl oz), Low Fat / Skim Milk (8 fl oz)	Breakfast- WGR Cereal (1 oz), 100% Fruit Juice (4 fl oz), Fresh Fruit (1/2 cup), Low Fat / Skim Milk (8 fl oz)	Breakfast- WGR Cinni Mini Rolls (2.29 oz), Fresh Fruit (1/2 cup), 100% Fruit Juice (4 fl oz), Low Fat / Skim Milk (8 fl oz)	Breakfast- WGR Cereal (1 oz), 100% Fruit Juice (4 fl oz), Fresh Fruit (1/2 cup), Low Fat / Skim Milk (8 fl oz)	Breakfast- WGR Fruit Frudel (2.29 oz), Fresh Fruit (1/2 cup), 100% Fruit Juice (4 fl oz), Low Fat / Skim Milk (8 fl oz)
Lunch- Yogurt (4 oz), Cheese Stick (1 oz), WGR Bagel (2.3 oz), Cream Cheese (0.75 oz), Applesauce (1/2 cup), Baby Carrots (1/4c), Low Fat / Skim Milk (8 fl oz)	Lunch: Turkey & Cheese Sandwich on WGR Bread, Whole Fresh Fruit (1 ea.), Broccoli Trees (1/4c), Low Fat / Skim Milk (8 fl oz)	Lunch- Chicken Salad Sandwich on WGR Bread, Fresh Whole Fruit (1 ea.), Snap Peas (1/4c), Low Fat / Skim Milk (8 fl oz)	Lunch- Italian Sandwich on WGR Bread, Raisins (1/4c), Grape Tomatoes (1/4c), Low Fat / Skim Milk (8 fl oz)	Turkey Ham & Cheese Sandwich on WGR Bread, Whole Fresh Fruit (1 ea.), Celery Sticks (1/4c), Low Fat / Skim Milk (8 fl oz)
Monday 5-Aug	Tuesday 6-Aug	Wednesday 7-Aug	Thursday 8-Aug	Friday 9-Aug