



East Hartford Public Schools

NEW Grab & Go Meals for January 4 - 15, 2020

Breakfast & Lunch Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1/4 Distribution Day (1 meal) Lunch Cheeseburger on a WGR Bun Fruit ½ cup, Vegetables ¼ cup, Milk</p> <p>Breakfast Whole Grain Otis Spunkmeyer Muffin (2g) Fresh Fruit, Milk</p>	<p>1/5 Distribution Day (2 meals) Lunch Chicken Nuggets with WGR Roll Turkey & Cheese WGR Sandwich (2) Fruit ½ cup, (2) Vegetables ¼ cup, (2) Milk</p> <p>Breakfast Cereal (1g), 1 Cinni Mini (2g) (2) Fruit ½ cup & (2) Milk</p>	<p>1/6 Three Kings Day</p> <p style="text-align: center;">No meal distribution today. Meals will be distributed On Tuesday for today.</p>	<p>1/7 Distribution Day (2 meals) Lunch (Hot) WGR Chicken Patty Sandwich on a WGR Roll (Take & Bake) Cheese Pizza (2) Fruit ½ cup, (2) Vegetables ¼ cup, (2) Milk</p> <p>Breakfast Cereal (1g), Mini Pancakes (2g) (2) Fruit ½ cup & (2) Milk</p>	<p>1/8 No meal distribution today. Meals will be distributed On Thursday for today.</p>

All meals are complete meals. Anyone under 18 years of age may receive a Grab & Go bag. Meals served 11:00 am – 12:00 pm.

<p>1/11 Distribution Day (2 meals) Lunch (Hot) WGR Chicken Patty Sandwich on a WGR Roll, Turkey & Cheese WGR Sandwich (2) Fruit ½ cup, (2) Vegetables ¼ cup, (2) Milk</p> <p>Breakfast Cereal (1g), Cinni Mini (2) Fruit ½ cup, (2) Milk</p>	<p>1/12 No meal distribution today. Meals will be distributed on Monday for today.</p>	<p>1/13 Distribution Day (3 meals) Lunch Beef & Cheese Nachos Ham & Cheese WGR Sandwich (Take & Bake Frozen) Cheese Pizza, (3) Fruit ½ cup, (3) Vegetables ¼ cup & (3) Milk</p> <p>Breakfast (2) Cereal (1g), (1) 2oz. WGR Muffin, (3) Fruit ½ cup, (3) Milk</p>	<p>1/14 No meal distribution today. Meals will be distributed on Wednesday for today & Friday</p>	<p>1/15 No meal distribution today. Meals will be distributed on Wednesday for today.</p>
---	--	--	---	---

All meals are complete meals. Anyone under 18 years of age may receive a Grab & Go bag. Meals served 11:00 am – 12:00 pm.

<p>NEW!</p> <p>Multi-day distribution method to support families</p>		<p>Children do not need to be present to receive a meal bag.</p> <p>Children under the age of 18 are eligible to receive 1 free Breakfast and Lunch meal daily</p>		<p>Please contact the Sodexo Food Services office for further information or special dietary requests.</p> <p>860-568-4252</p>
---	--	--	--	--

MENU IS SUBJECT TO CHANGE WEEKLY BASED ON AVAILABILITY

--	--	--	--	--

MENU IS SUBJECT TO CHANGE WEEKLY BASED ON AVAILABILITY

--	--	--	--	--

This institution is an equal opportunity provider and employer.