

Breakfast & Lunch will be available  
to all students for FREE March 1,  
2023 through the end of the school  
year.  
Milk ONLY \$0.60

## Hebron Public Schools Breakfast & Lunch Menu May 2023

Fresh Fruits, Veggies and Milk  
served daily!

Yogurt Fun Lunch - Available Daily  
Yogurt, Muffin, Cheese Stick and  
Vegetable

5/1 <b>Chicken and Cheese Quesadilla</b> <b>Salsa and Sour Cream Zesty Black Beans</b> <i>Alt. Chicken Patty</i> Cinnamon Roll	5/2 <b>NO SCHOOL</b>	5/3 <b>Popcorn Chicken Waffles</b> <b>Sweet Potato Fries</b> <i>Alt. Chicken Patty</i> Pancakes	5/4 <b><i>National Hoagie Day!</i></b> <b>Open Face Meatball &amp; Cheese Grinder</b> <i>Alt. Chicken Patty</i> Bagel w/ Crm Chs	5/5 <b>Pizza Day!!</b> <b>Garden Salad w/ Dressing</b> <i>Alt. Chicken Patty</i> Choc Chip Muffin
5/8 <b>Cheese Ravioli w/ Meatballs Marinara</b> <b>Garlic Bread &amp; Green Beans</b> <i>Alt. Hamburger</i> Apple Roll	5/9 <b>Tangy Sweet &amp; Sour Chicken</b> <b>Rice Bowl w/ Broccoli</b> <i>Alt. Hamburger</i> Waffles	5/10 <b>Brunch for Lunch</b> <b>French Toast, Sausage Patty &amp; Hash Browns</b> <i>Alt. Hamburger</i> French Toast	5/11 <b>Chicken and Cheese Nachos w/ Salsa</b> <b>Zesty Refried Beans topped w/ Cheese</b> <i>Alt. Hamburger</i> Yogurt w/ Granola	5/12 <b>Pizza Day!!</b> <b>Baby Carrots &amp; Cucumber Slices</b> <i>Alt. Hamburger</i> Apple Cinn. Muffin
5/15 <b>Cheesy Pull- a-Part w/ Marinara Dip</b> <b>Broccoli Choc. Chip Cookie</b> <i>It's Natl Chocolate Chip Day!</i> <i>Alt. Grilled Cheese</i> Cinnamon Roll	5/16 <b>Macaroni and Cheese</b> <b>Green Beans, Dinner Roll</b> <i>Alt. Grilled Cheese</i> Egg & Chs Bagel	5/17 <b>Crispy Chicken Patty</b> <b>Pancake Sandwich w/ Sweet Potato Fries &amp; Syrup</b> <i>Alt. Grilled Cheese</i> Pancakes	5/18 <b>Beef &amp; Cheese Nachos w/ Salsa</b> <b>Zesty Refried Beans topped w/ Cheese</b> <i>Alt. Grilled Cheese</i> Bagel w/ Crm Chs	5/19 <b>Pizza Day!!</b> <b>Garden Salad w/ Dressing</b> <i>Alt. Grilled Cheese</i> Choc Chip Muffin
5/22 <b>BBQ Chicken Flatbread w/ Baked Beans</b> <i>Alt Chicken Patty</i> Apple Roll	5/23 <b>Cheesy Popcorn</b> <b>Chicken &amp; Smashed Potato Bowl w/ Sweet Corn</b> <i>Alt. Chicken Patty</i> Waffles	5/24 <b>Sausage, Egg &amp; Cheese Bagel</b> <b>Hash Browns</b> <i>Alt. Chicken Patty</i> Pumpkin Bread	5/25 <b>BBQ Rib Sandwich</b> <b>Baked Beans</b> <i>Alt. Chicken Patty</i> Yogurt w/ Granola	5/26 <u><b>Early Dismissal</b></u> <b>Pizza Day!!</b> <b>Baby Carrots &amp; Cucumber Slices</b> <i>Alt. Chicken Patty</i> Apple Cinn Muffin
5/29 <b>NO SCHOOL</b>	5/30 <b>Chicken Patty</b> <b>Oven Fries</b> <i>Alt. Grilled Cheese</i> Egg & Chs Croissant	5/31 <b>Brunch For Lunch</b> <b>Breakfast Tacos! Egg &amp; Cheese</b> <i>Alt. Grilled Cheese</i> Pancakes	6/1 <b>Chicken and Broccoli</b> <b>Alfredo</b> <b>Garlic Texas Toast</b> <i>Alt. Grilled Cheese</i> Bagel w/ Crm Chs	6/2 <b>Pizza Day!!</b> <b>Garden Salad w/ Dressing</b> <i>Alt. Grilled Cheese</i> Choc Chip Muffin

\*Menu subject to change without notice. \*

## ***Important Food Services Update:***

Dear Families,

From March 1, 2023 through the end of the school year, school breakfast and lunch will be offered at no cost to all students. One school breakfast and lunch per school day will be provided at no cost. Students will still be charged for the purchase price of an additional meal (breakfast \$1.60, lunch \$3.23) or any a la carte items including milk.

If you think your child may qualify for free or reduced-price meals, we ask that you still fill out an application, which you can find [here](#). Please see the links below for helpful information.

- Video: [How to Fill Out the Application for Free and Reduced-price Meals or Free Milk](#)
- [Information on the Supplemental Nutrition Assistance Program \(SNAP\)](#);

SMART funds 1.0 and 2.0 were made possible by the Connecticut General Assembly and Governor Lamont through one-time ARPA allocations for the 2022-23 school year. SMART Funds cannot be used towards negative account balances. If your your child has a negative balance, please remember that you are still responsible for payment.

If you have any questions, please send them to [EASTCONNFoodservice@eastconn.org](mailto:EASTCONNFoodservice@eastconn.org).

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This is an equal-opportunity institution.