

*MEAL PRICES:*

**Milk (only): \$.60**

**Breakfast and Lunch are currently available to ALL students for FREE**

*See back of menu for Grab&Go Meal Info*

**Hebron Public School  
Breakfast & Lunch Menu  
April 2021**

FRESH FRUITS AND VEGGIES  
SERVED EVERY DAY!

**Staff Meal: \$4.00**

			4/1 <b>French Toast w/ Sausage</b> Fresh Fruit & Veggies Milk <i>Alt. Yogurt Fun Lunch</i>  Breakfast: Choc. Chip Muffin	4/2          NO SCHOOL
4/5 <b>Crispy Chicken Patty On WG Roll</b> Fresh Fruit & Veggies Milk <i>Alt. Yogurt Fun Lunch</i>  Breakfast: Cereal	4/6 <b>BBQ Chicken w/ Brown Rice</b> Fresh Fruits & Veggies Milk <i>Alt. Yogurt Fun Lunch</i>  Breakfast: Cinnamon Roll	4/7 <b>Sausage, Egg &amp; Cheese Sandwich</b> Fresh Fruit & Veggies Milk <i>Alt. Yogurt Fun Lunch</i>  Breakfast: Apple Roll	4/8 <b>Beef &amp; Cheese Nachos w/ Salsa</b> Fresh Fruit & Veggies Milk <i>Alt. Yogurt Fun Lunch</i>  Breakfast: Choc. Chip Muffin	4/9 <b>Pizza Day!! Pizza Day!!</b> Fresh Fruit & Veggies Milk <i>Alt. Yogurt Fun Lunch</i>  Breakfast: Cereal
4/12 <b>Cheeseburger on WG Roll</b> Fresh Fruit & Veggies Milk <i>Alt. Yogurt Fun Lunch</i>  Breakfast: Cereal	4/13 <b>Chicken Tenders &amp; Waffles</b> Fresh Fruit & Veggies Milk <i>Alt. Yogurt Fun Lunch</i>  Breakfast: Cinnamon Roll	4/14 <b>Pizza Crunchers Garden Salad</b> Fresh Fruit & Veggies Milk <i>Alt. Yogurt Fun Lunch</i>  Breakfast: Apple Roll	4/15 <b>Popcorn Chicken w/ Mac n'Cheese</b> Fresh Fruit & Veggies Milk <i>Alt. Yogurt Fun Lunch</i>  Breakfast: Choc. Chip Muffin	Early Dismissal 4/16 <b>Pizza Day!! Pizza Day!!</b> Fresh Fruit & Veggies Milk <i>Alt. Yogurt Fun Lunch</i>  Breakfast: Cereal
4/19          NO SCHOOL	4/20          NO SCHOOL	4/21          NO SCHOOL	4/22          NO SCHOOL	4/23          NO SCHOOL
4/26 <b>Cheese Quesadilla w/ Salsa</b> Fresh Fruit & Veggies Milk <i>Alt. Yogurt Fun Lunch</i>  Breakfast: Cereal	4/27 <b>Cheeseburger on WG Roll</b> Fresh Fruit & Veggies Milk <i>Alt. Yogurt Fun Lunch</i>  Breakfast: Cinnamon Roll	4/28 <b>Chicken Salad Sandwich</b> Fresh Fruit & Veggies w/ Chips Milk <i>Alt. Yogurt Fun Lunch</i> Breakfast: Apple Roll	4/29 <b>Mini Pancake w/ Sausage</b> Fresh Fruit & Veggies Milk <i>Alt. Yogurt Fun Lunch</i>  Breakfast: Choc. Chip Muffin	4/30 <b>Pizza Day!!! Pizza Day!!</b> Fresh Fruit & Veggies Milk <i>Alt. Yogurt Fun Lunch</i>  Breakfast: Cereal

\*Menu subject to change without notice. \*\* Grab&Go Meals may vary from printed menu

United States Department of Agriculture has approved the Free breakfast and lunch for all children 18 years and younger. This federally mandated benefit has afforded the child nutrition program the ability to provide two meals a day, seven days a week.

**If you plan to participate in the Grab n' Go meal distribution program over April Vacation, please complete this survey.**

<https://forms.gle/wPQiSJtRzCuNB6d78>

Distribution will be held on **Wednesday of April 21, 2021**, between **9am -10am** at your district's distribution location. Seven days' worth of breakfast and lunch will be available for any child 18 years or younger.

Please contact Heather Plourde at [hplourde@eastconn.org](mailto:hplourde@eastconn.org) or 860-336-9054 if you have any questions.

## FOOD DURING TRAVEL

Know which dining options are safer.

Accessible version: <https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-risk.html>

Bringing your own food and drinks, or using drive-thru, delivery, and curbside pickup options are safer than dining at a restaurant.

If you dine at a restaurant, eating outdoors is safer than eating indoors.

**6 feet**

**When you do go out:**

- Wear a mask.
- Stay 6 feet apart.
- Wash your hands.

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

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*This is an equal opportunity institution.*

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