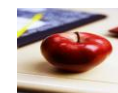




# Hartford Public Schools' FEBRUARY 2012 Menu



Daily Alternates	Monday	Tuesday	Wednesday	Thursday	Friday
We serve nutrient-rich fruits and vegetables and whole grains everyday! <span style="float: right;">Hartford Schools' menu is <b>Trans Fat Free</b> and <b>Nut Free</b></span>					
Whole Grain Bagel/Yogurt Plate or Chef Salad or Turkey Sandwich on Whole Grain Roll or Veggie Burger on Whole grain roll or Yogurt Parfait		<b>February is National Heart Health Month</b> <b>Be Kind to your Heart!</b> <b>Eat more antioxidant rich Fresh Fruits and Vegetables and MOVE MORE!</b>	<b>1</b> Italian Dunkers served with Whole Grain Soft Bread Stick Romaine Garden Salad (choice of salad dressings) Rainbow Fruit Tray 1% Low fat Milk	<b>2</b> Asian Chicken with Sweet and Sour Sauce Oriental Vegetables Steamed Brown Rice Rainbow Fruit Tray 1% Low fat Milk	<b>3</b> Grilled Cheese on Whole Wheat Bread Tomato Soup Whole Grain Heartzel Pretzels Rainbow Fruit Tray 1% Low fat Milk
Whole Grain Bagel/Yogurt Plate or Chef Salad or Ham & Cheese Sandwich on Whole Grain Roll or Veggie Burger on Whole grain roll or Yogurt Parfait	<b>6</b> Oven Baked popcorn Chicken Yellow Spanish style rice Red Beans Mixed Vegetable Rainbow Fruit Tray 1% Low fat Milk	<b>7</b> Whole Grain Pizza Wedge Veggie or Cheese Celery Sticks 100% Fruit Juice Rainbow Fruit Tray 1% Low fat Milk	<b>8</b> Grilled Chicken on Whole Grain Roll Lettuce and Tomatoes Corn Niblets Rainbow Fruit Tray 1% Low fat Milk	<b>9</b> Whole Grain Ravioli Steamed Fresh Spinach Whole Grain Ciabatta Roll Rainbow Fruit Tray 1% Low fat Milk	<b>10</b> Oven Crisped Fish Fillet on Whole Grain Roll Confetti Coleslaw Sweet Potato Hash Brown Rainbow Fruit Tray 1% Low fat Milk
Whole Grain Bagel/Yogurt Plate or Chef Salad or Tuna Sandwich on Whole Grain Roll or Vegetarian Choice (varies) Yogurt Parfait or Veggie Burger on Whole Grain roll	<b>13</b> <i>Hot Brunch for Lunch</i> Whole Grain French Toast Sticks (syrup packet) Chicken Sausage 100% Fruit Juice Rainbow Fruit Tray 1% Low fat Milk	<b>14</b> Seasoned Taco Meat Baked <i>Tostitos</i> Scoops Vegetarian Bean Chili Steamed Brown Rice Lettuce and Tomato Rainbow Fruit Tray Low Fat Milk <i>Valentine's Day Treat</i>	<b>15</b> Steamed All Beef Hot Dog On Whole Grain Roll Vegetarian Bean Chili Oven Braised Cabbage with Carrots Rainbow Fruit Tray 1% Low fat Milk	<b>16</b> Baked Chicken Patty on Whole Grain Roll Veggie Sticks with Low Fat Dip Rainbow Fruit Tray 1% Low fat Milk	<b>17</b> Hearty Beef Stew with Vegetables ( <i>Carne Guisada</i> ) Fresh Steamed Broccoli Spanish Yellow Rice Rainbow Fruit Tray 1% Low fat Milk
Whole Grain Bagel/Yogurt Plate or Chef Salad or Turkey Sandwich on Whole Grain Roll or Veggie Burger on Whole Grain roll or Yogurt Parfait	<b>20</b> <i>Presidents' Day</i> <i>No School</i> 	<b>21</b> Whole Grain Cheese Quesadilla Corn Niblets 100% Fruit Juice Rainbow Fruit Tray 1% Low fat Milk <i>Presidential Whole Grain Treat</i>	<b>22</b> Salisbury Steak Mashed Potatoes Green Peas Whole Grain Dinner Roll Rainbow Fruit Tray 1% Low Fat Milk	<b>23</b> Oven Roasted Chicken Reduced fat Macaroni & Cheese Fresh Steamed Seasoned Collard Greens Corn Muffin (low fat) Rainbow Fruit Tray 1% Low Fat Milk	<b>24</b> Jamaican Beef Patty Coco bread wrap Romaine Garden Salad 100% Fruit Juice Rainbow Fruit Tray 1% Low fat Milk
Whole Grain Bagel/Yogurt Plate or Chef Salad or Tuna Sandwich on Whole Grain Roll or Yogurt Parfait or Veggie Burger on Whole Grain roll	<b>27</b> Baked Chicken Breast Tenders Sweet Potato Wedge Steamed Mixed Vegetable Whole Grain Biscuit Rainbow Fruit Tray 1% Low fat Milk	<b>28</b> Steamed Lean Beef burger or Cheeseburger on Whole Grain Bun Corn Niblets Sliced Lettuce/Tomato Rainbow Fruit Tray 1% Low fat Milk	<b>29</b> Whole Grain Pasta with Meat sauce or Pasta with Sauce and Meatballs Fresh Steamed Broccoli Whole Grain Breadstick Rainbow Fruit Tray 1% Low fat Milk	<b>1</b> Whole Grain French Bread Pizza Romaine Garden Salad (choice of salad dressings) 100% Fruit Juice Rainbow Fruit Tray 1% Low Fat Milk	<b>2</b> Chicken Noodle Soup Grilled Cheese on Whole Wheat Bread Carrot Sticks with Low fat Dip Rainbow Fruit Tray 1% Low fat Milk

We make every effort to serve your children foods that are reduced in saturated fat and Trans Fat Free.

Heart Healthy Olive Oil is used to prepare our Fresh Steamed Vegetables!

Did you know? Our daily Milk choices are all 1% Low fat Milk from cows NOT treated with the growth hormone BST!

