






Hartford Public Schools' MAY 2015 Menu Grades 6-12



Daily Alternates	Monday	Tuesday	Wednesday	Thursday	Friday
Did you know that ALL of our schools offer a nutritious breakfast every morning? (check schools for serving time and breakfast service provided) As an added bonus, baby carrots & low fat dip and raisins are offered at lunch daily!			We are completely artificial Trans Fat & Nut Free! Our Rainbow Fruit Trays offer at least 5 choices of fruit!		
Choose one: <ul style="list-style-type: none"> Whole Grain Bagel Protein Plate Chef Salad Whole Grain Sandwich Black Bean Burger on Whole Grain Roll Yogurt Parfait 	School Lunch Hero Day is May 1st Nurse Appreciation Day is May 6th <i>Working Together to Keep you Healthy!</i>		Teacher Appreciation Week is May 4-8th		School Lunch Hero Day May 1 All Beef Hot Dog (reduced sodium) on Whole Grain Roll Vegetarian Baked Beans Corn Cobbettes Fruit Choice Milk Choice Whole Grain Treat
Choose one: <ul style="list-style-type: none"> Whole Grain Bagel Protein Plate Chef Salad Whole Grain Sandwich Black Bean Burger on Whole Grain Roll Yogurt Parfait 	4 Whole Grain Personal Round Pizza Vegetable Juice Broccoli Spears Fruit Choice Milk Choice	5 Hamburger or Cheeseburger on Whole Grain Roll Baby Grape tomatoes & Baby Carrots with Dip Yucca Sticks (cassava) Fruit Choice Milk Choice	6 Nurse Appreciation Day Whole Grain Pasta with Chicken Meatballs with Marinara Sauce Farm Fresh Zucchini Tomato & Cucumber Salad with fresh Basil Whole Grain Breadstick Fruit Choice & Milk Choice	7 Tender Beef Tips with gravy Mashed potatoes Farm Fresh Broccoli Scott's Whole Grain Roll Fruit Choice Milk Choice	8 Turkey Taco Boats Shredded Lettuce & Tomato Shredded cheese Fiesta Bean Salad/Ensalada Cubana with fresh cilantro Steamed Brown Rice Fruit Choice Milk Choice
Choose one: <ul style="list-style-type: none"> Whole Grain Bagel Protein Plate Chef Salad Whole Grain Sandwich Black Bean Burger on Whole Grain Roll Yogurt Parfait 	11 Salisbury Steak Mashed Potatoes Side - Gravy Farm Fresh Green Beans Scott's Whole Grain Roll Fruit Choice Milk Choice	12 Breaded Chicken Fillet on Whole Grain Roll BBQ - side Corn Niblets Vegetarian Baked Beans Fruit Choice Milk Choice	13 Whole Grain Pizza Wedge Sliced Carrots Vegetable Juice Fruit Choice Milk Choice Early Release Day	14 Oven Roasted Chicken with BBQ sauce Whole Grain Macaroni & Cheese Farm Fresh Collard Greens Veggie sticks celery & carrot sticks Scott's Whole Grain Roll Fruit Choice & Milk Choice	15 Trout Treasures -or- Black Bean Burger on Whole Grain Roll (alternate) Baby Baker Potatoes with Rosemary Fresh Broccoli & Cucumber with Low Fat Ranch dip Scott's Whole Grain Roll Fruit Choice & Milk Choice
Choose one: <ul style="list-style-type: none"> Whole Grain Bagel Protein Plate Chef Salad Whole Grain Sandwich Black Bean Burger on Whole Grain Roll Yogurt Parfait 	18 Oven Baked Popcorn Chicken Mixed Vegetables Sweet Potato Wedges Whole Grain Biscuit Fruit Choice Milk Choice	19 Scott's Whole Grain Jamaican Beef Patty -OR- Bean & Cheese Empanada Vegetable Juice Snap Peas Fruit Choice Milk Choice	20 General Tso's Pork or- Honey BBQ Chicken Dippers Steamed Brown Rice Steamed Farm Fresh Broccoli Scott's Whole Grain Roll Fruit Choice Milk Choice	21 Grilled Chicken Fillet on Whole Grain Roll Cabbage & Carrots (steamed or roasted) Baked Potato Wedges Fruit Choice Milk Choice	22 Teriyaki Beef Tenders Sweet Peas with mint Asian Style Brown Rice Asian Bean Salad with ginger & fresh cilantro Whole Grain Dinner Roll Fruit Choice Milk Choice
Choose one: <ul style="list-style-type: none"> Whole Grain Bagel Protein Plate Chef Salad Whole Grain Sandwich Black Bean Burger on Whole Grain Roll Yogurt Parfait 	25 MEMORIAL DAY No School 	26 Whole Grain Chicken Tenders Sweet Potato Bites Vegetable Juice Fruit Choice Milk Choice Whole Grain Cookie Treat (WG Chocolate Chippers)	27 BBQ Beef Rib Sandwich On Whole Grain Roll Corn Cobbettes Potato Wedges Fruit Choice Milk Choice	28 Whole Grain Taco Bites Tex-Mex Bean Salad with cumin and fresh cilantro Cucumber Slices & Carrot sticks Low Fat Ranch Dip Fruit Choice Milk Choice	29 Baked Breaded Chicken Whole Grain Macaroni & Cheese Farm Fresh Spinach Fresh Veggie Sticks Whole Grain Corn Muffins Fruit Choice Milk Choice

Did you know that all of our milk is provided by a local Connecticut family-owned dairy and from cows that are NOT treated with the growth hormone rBST? Our Farm Fresh Milk Daily Milk Choices are: Unflavored 1% Milk, Skim/Nonfat Chocolate & Skim/Nonfat Strawberry.

All of our menu items are served fresh, steamed, roasted or baked & are reduced in saturated fat. We are artificial Trans fat & Nut free!

Heart Healthy Olive Oil is used to prepare our fresh steamed vegetables! ***Remember ALL our meals include your choice of vegetables, fruit & milk!**

