

March

LUNCH MENU GRADES 6-12

HARTFORD
PUBLIC SCHOOLS

Where the future is present

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MARCH IS DAIRY MONTH!

Milk: A Nutrition Power House with 9 essential nutrients to fuel your day!

Did you know that Milk served in all our schools is served from a local CT family owned dairy without Rbst?



1

Curried Chicken
Seasoned Brown Rice
Green Peas
Fresh Shredded Carrot
and Raisin Salad
Whole Grain Vegetable Egg Roll
Fruit Choice
Milk Choice

4

Whole Grain Personal Cheese Pizza
Carrot and Celery Sticks with
Low Fat Ranch Dip
100% Fruit Juice
Fruit Choice
Milk Choice

5

Baked Breaded Chicken and
Whole Grain Mini Waffles with
Smart Balance Margarine
and Syrup
Farm Fresh Veggie Sticks and
Ranch Dip
Vegetable Juice
Fruit Choice
Milk Choice

6

Hamburger on a Whole Grain Roll
Lettuce and Sliced Tomato
Oven Baked Yucca Sticks
Fruit Choice
Milk Choice

EARLY RELEASE

7

Turkey Taco Meat and Taco Chips
Fiesta Beans Salad with
Fresh Cilantro
Fajita Style Brown Rice
Shredded Lettuce and Tomato
Shredded Cheese
Fruit Choice
Milk Choice

8

Oven Baked Breaded
Chicken Tenders
Cilantro Lime Brown Rice
Oven Roasted Cinnamon
Butternut Squash
Steamed Farm Fresh Spinach with
Diced Red Peppers
Fruit Choice
Milk Choice

11

Cherry Blossom Chicken
Seasoned Brown Rice
Broccoli Spears
Whole Grain Egg Roll
Fruit Choice
Milk Choice

12

All Beef Hot Dog on
Whole Grain Roll
Vegetarian Baked Beans
Carrot Coins
Fruit Choice
Milk Choice

13

Whole Grain French Toast Sticks
with Syrup
Chicken Sausage Patty
Hartford FRESH Homefries
Vegetable Juice
Fruit Choice
Milk Choice

14

Turkey Pot Roast
Mashed Potatoes with Gravy
Farm Fresh Green Beans
Warm Apple Stick
Fruit Choice
Milk Choice

15

BBQ Beef Rib on a Whole
Grain Roll OR Scott's Coco Bite
Potato Smiles
Crisp Cucumber Slices and
Red Pepper Strips with
Low Fat Ranch Dip
Vegetable Juice
Fruit Choice
Milk Choice

18 Whole Grain Fresh Vegetable or Cheese Stuffed Crust Pizza High Protein Orange - Ginger Edamame Minestrone Soup Celery and Cherry Tomato Cup with Low Fat Ranch Dip Fruit Choice Milk Choice	19 Chicken Fajitas with Red Onions, Green and Red Peppers Whole Grain Flatbread Fajita Style Brown Rice Corn Niblets with Diced Red Peppers Shredded Cheese and Salsa Fruit Choice Milk Choice	20 Salisbury Steak with Mashed Potatoes and Gravy Farm Fresh Rainbow Swiss Chard Whole Grain Garlic Knots Fruit Choice Milk Choice	21 Oven Roasted Chicken Leg Whole Grain Arroz Con Gandules Platanos Dulces/Ripe Plantains Green Lettuce Salad with Baby Grape Tomatoes and Shredded Carrots and Choice of Dressing Whole Grain Dinner Roll Fruit Choice Milk Choice	22 Local Acadian Red Fish with Tartar Sauce OR Stuffed Cheeseburger on a Whole Grain Roll Cinnamon Chipotle Seasoned Potato Wedges Citrus Beet Salad Scott's Whole Grain Dinner Roll Fruit Choice Milk Choice
25 Baked Breaded Chicken Chunks Green Beans Cilantro Lime Brown Rice Whole Grain Cheesy Herb Biscuit Fruit Choice Milk Choice	26 Baked Potato Conquest Sidewinders with Cheese Sauce and Seasoned Beef Lime Cilantro Black Beans Scott's Whole Grain Dinner Roll 100% Fruit Juice Fruit Choice Milk Choice	27 BBQ Pulled Pork on a Whole Grain Roll OR Grilled Teriyaki Chicken on a Whole Grain Roll Potato Wedges Farm Fresh Vegetable Medley Fruit Choice Milk Choice	28 Whole Grain Cheese Pizza OR Philly Cheese Steak on a Whole Grain French Roll Celery and Carrot Sticks with Low Fat Ranch Dressing Vegetable Juice Fruit Choice Milk Choice	29 Lemon Grass Chicken Seasoned Brown Rice Farm Fresh Bok Choy with Fresh Ginger and Garlic Whole Grain Dinner Roll Fruit Choice Milk Choice Whole Grain Treat

DID YOU KNOW?

- Milk served in our cafe is from a local CT family owned dairy farm from cows that are NOT treated with the growth hormone rBST!
- All menu items are served fresh, steamed, roasted, or baked and low in saturated fat.
- Heart Healthy Olive Oil is used to prepare our fresh veggies!
- We serve only 100% Whole Grain!
- Locally sourced fresh fruit and veggies are served every chance we get!
- All menu items are artificial and trans fat free!

DAILY ALTERNATIVES

- Whole Grain Bagel Protein Plate with 2 of the following: Yogurt, Cheese Stick, Sunbutter or Sunflower Seeds
- Whole Grain Sunbutter Sandwich
- Assorted Sandwiches on a Whole Grain
- Assorted Salads with Scott's Whole Grain Roll
- Black Bean Burger on a Whole Grain Roll
- Yogurt Parfait, Whole Grain Pretzels
- Vegetarian Hummus Plate with Sunflower seeds, Carrots, & Whole Grain Crackers

Baby carrots and low fat dip are offered at lunch every day!



Remember **ALL** meals include your choice of milk, fruit, and any of the vegetables of the day!

Make time for SCHOOL BREAKFAST!

Breakfast is served Daily in ALL our schools!



Although we make every effort to serve menus as planned, this menu may change without notice.

This Is An Equal Opportunity Institution