

# AUGUST/SEPTEMBER 2019

## PRE-PACK SCHOOLS LUNCH MENU - GRADES K-8

**HARTFORD**  
PUBLIC SCHOOLS  
Where the future is present.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	August 27 Breaded Chicken on a Whole Grain Roll Cross Trax Sweet Potatoes Carrot Sticks & Low Fat Ranch Dip Fruit Choice Milk Choice	28 Whole Grain Waffles & Baked Breaded Chicken Drumstick Vegetable Juice Cucumber slices & Red Pepper Sticks With Low Fat Ranch Dip Fruit Choice Milk Choice	29 Tex Mex Potato Bar with Seasoned Beef & Cheese Sauce Whole Grain Dinner Roll Farm Fresh Broccoli Cilantro Lime Black Beans Fruit Choice Milk Choice	30 Whole Grain Beef & Cheese Taco Bites Corn Niblets with Diced Red Peppers Carrot Sticks & Low Fat Ranch Dip Fruit Choice Milk Choice
September 2  LABOR DAY  NO SCHOOL	3 Whole Grain Cheese Pizza Vegetable Juice Fruit Choice Milk Choice	4 Roasted Chicken Leg Brown Rice Platanos Dulces Carrot Sticks & Low Fat Ranch Dip Fruit Choice Milk Choice	5 All Beef Hot Dog on a Whole Grain Roll Vegetarian Baked Beans Local Fresh Carrot Coins Fruit Choice Milk Choice  Pre-K (ONLY): Chicken tenders	6 Jamaican Beef Patty OR Grilled Chicken on a Whole Grain Bun Curried Cabbage Rosemary Red Skin Potatoes Fruit Choice Milk Choice
9 Whole Grain Cheese Pizza Green Peas Fruit Choice Milk Choice	10 Oven Baked Pork Choppette OR Teriyaki Chicken Dippers Brown Rice Farm Fresh Green Beans Carrot Sticks & Low-fat Ranch Dip Fresh Local Cinnamon Spiced Apples Fruit Choice Milk Choice	11 <b>Early Release</b> Oven Baked Breaded Chicken Tenders Farm Fresh Collard Greens Vegetable Juice Whole Grain Biscuit Fruit Choice Milk Choice	12 Chicken Fajitas Whole Grain Flatbread w/Red Onion Green & Red Peppers Shredded Cheese & Salsa Corn Niblets with Diced Red Peppers Carrot Sticks & Low Fat Ranch Dip Fruit Choice Milk Choice	13 Hamburger on a Whole Grain Roll Carrot Sticks & Low Fat Ranch Dip Potato Smiles Mediterranean Chickpea Salad with Fresh Parsley and Lemon Zest Fruit Choice Milk Choice
16 Salisbury Steak Mashed Potatoes with Gravy Mixed Vegetables Whole Grain Roll Fruit Choice Milk Choice	17 Whole Grain Pasta With Beef Meatballs and Marinara Sauce Green Zucchini & Summer Squash with diced red peppers Carrot Sticks & Low-Fat Ranch Dip Fruit Choice Milk Choice	18 Whole Grain French Toast Sticks with Syrup Chicken Sausage Patty Hash Brown Rounds Vegetable Juice Fruit Choice Milk Choice	19 Beef Taco Meat Taco Chips & Cheese Fiesta Beans Salad with fresh cilantro (Ensalada Cubana) Brown Rice Shredded Lettuce & Tomato Fruit Choice Milk Choice	20 Curried Chicken Brown Rice Ginger & Garlic Farm Fresh Bok Choy Czajokowski Vegetable Medley Whole Grain Cinnamon Goldfish Grahams Fruit Choice Milk Choice

<p>23</p> <p>Whole Grain Beef &amp; Cheese Taco Bites Corn Niblets with Diced Red Peppers Carrot Sticks &amp; Low Fat Ranch Dip Fruit Choice Milk Choice</p>	<p>24</p> <p>Breaded Chicken on a Whole Grain Roll Cross Trax Sweet Potatoes Carrot Sticks &amp; Low Fat Ranch Dip Fruit Choice Milk Choice</p>	<p>25</p> <p>Whole Grain Waffles &amp; Baked Breaded Chicken Drumstick Vegetable Juice Cucumber slices &amp; Red Pepper Sticks with Low Fat Ranch Dip Fruit Choice Milk Choice</p>	<p>26</p> <p>Potato Conquest Sidewinders with Seasoned Beef &amp; Cheese Sauce Whole Grain Dinner Roll Farm Fresh Broccoli Fiesta Bean Salad with Fresh Cilantro Fruit Choice Milk Choice</p>	<p>27</p> <p>Sweet Potato Fish Sticks &amp; Scott's Whole Grain Roll OR Stuffed Cheeseburger on a Whole Grain Roll Cinnamon Chipotle Potato Wedges Green Peas Fruit Choice Milk Choice</p>
<p>30</p> <p>Orange Blossom Chicken Brown Rice Broccoli Spears Edamame Fruit Choice Milk Choice</p>	<p style="text-align: center;"><b>DAILY ALTERNATIVES</b></p> <ul style="list-style-type: none"> <li>● Whole Grain Protein Plate with a Bagel or Zucchini Bread or Banana Bread and 2 of the following: Yogurt, Cheese Stick, Sunbutter or Sunflower Seeds</li> <li>● Whole Grain Sunbutter Sandwich</li> <li>● Black Bean Burger on a Whole Grain Roll</li> <li>● Vegetarian Hummus Plate</li> </ul>			


- 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!

**Make time for SCHOOL BREAKFAST!**

**Breakfast is served Daily in ALL our schools!**



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



**Baby carrots and low fat dip are offered every day!**



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

**This Is An Equal Opportunity Institution**