



# LUNCH MENU GRADES 6-12

**HARTFORD**  
PUBLIC SCHOOLS

Where the future is present

MONDAY

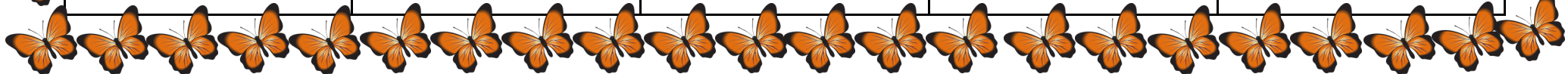
TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

			<p>1</p> <p>Whole Grain Jamaican Beef Patty Fruit Choice Milk Choice</p>	<p>2</p> <p>GOOD FRIDAY NO SCHOOL</p>
<p>5</p> <p><b>CLASSROOM:</b> Whole Grain Grilled Cheese Vegetable Juice <b>CAFETERIA:</b> Salisbury Steak Mashed Potatoes Whole Grain Coco Roll Fruit Choice Milk Choice</p>	<p>6</p> <p>Breaded Chicken Fillet on a Whole Grain Bun <b>Put Local on Your Tray Feature:</b> Fresh Local Roasted Sweet Potatoes Lemon Blueberry Crispy Bites Fruit Choice Milk Choice</p>	<p>7</p> <p>Oven Roasted Chicken Leg Rosemary Red Skin Potatoes Corn Muffin Fruit Choice Milk Choice</p>	<p>8</p> <p>Whole Grain Maple Glazed French Toast Sticks Chicken Sausage Patty HomeFries Vegetable Juice Fruit Choice Milk Choice</p>	<p>9</p> <p><b>CLASSROOM:</b> Whole Grain Cheese Pizza <b>CAFETERIA:</b> BBQ Pulled Turkey on a Whole Grain Hamburger Bun Broccoli Florets Fruit Choice Milk Choice</p>
<p>12</p> <p>SPRING RECESS NO SCHOOL</p>	<p>13</p> <p>SPRING RECESS NO SCHOOL</p>	<p>14</p> <p>SPRING RECESS NO SCHOOL</p>	<p>15</p> <p>SPRING RECESS NO SCHOOL</p>	<p>16</p> <p>SPRING RECESS NO SCHOOL</p>



19	20	21	22	23
Whole Grain Cheese Pizza Broccoli Fruit Choice Milk Choice	<b>CLASSROOM:</b> Whole Grain Beef and Cheese Totally Taco Bites and Potato Wedges <b>CAFETERIA:</b> Tex Mex Potato Bar with Seasoned Beef, Cheese Sauce, Potato Wedges, and Whole Grain Dinner Roll Vegetable Juice Fruit Choice Milk Choice	Cheeseburger on a Whole Grain Roll Rosemary Red Skin Potatoes Fruit Choice Milk Choice	<b>CLASSROOM:</b> Whole Grain Jamaican Beef Patty <b>CAFETERIA:</b> Breaded Mozzarella Sticks Curried Cabbage Fruit Choice Milk Choice	Turkey Taco with Tortilla Chips Potato Wedges Green Zucchini & Summer Squash with Diced Red Peppers Fruit Choice Milk Choice
26	27	28	29	30
Salisbury Steak Mashed Potatoes Whole Grain Coco Roll Fruit Choice Milk Choice	Breaded Chicken Leg with Waffles Farm Fresh Green Beans Lemon Blueberry Crispy Bites Fruit Choice Milk Choice	Beef Rib on a Whole Grain Roll Potato Wedges Fruit Choice Milk Choice	Whole Grain Maple Glazed French Toast Sticks Chicken Sausage Patty HomeFries Vegetable Juice Fruit Choice Milk Choice	BBQ Pulled Turkey on a Whole Grain Hamburger Bun Broccoli Florets Fruit Choice Milk Choice

### 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

#### Monday/Wednesday/Friday:

#### Tuesday & Thursday

- Whole Grain Protein Plate with a Bagel, Yogurt, and Cheese Stick
- Hummus Cup with Whole Grain Crackers and Cheese Stick
- Other Alternatives may include:
- Whole Grain Sunbutter Sandwich
- Assorted Sandwiches on a Whole Grain Roll
- Assorted Salads with Scott's Whole Grain Roll
- Yogurt Parfait with Whole Grain Granola and Whole Grain Pretzels

**This Is An Equal Opportunity Institution**



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

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