LUNCH MENU
GRADES 6-12

DECEMBER

HARTFORD PUBLIC SCHOOLS
Where the future is present.

Allergen & Carbohydrate Information

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 All Beef Hot Dog 1 on a Whole Grain Roll 29 WS Vegetarian Baked Beans 30 Carrot Sticks 5 Low Fat Ranch Dip 5 WSME Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)	**2** Breaded Chicken Filet 14 WS on a Whole Grain Roll 29 WS Farm Fresh Broccoli 5 Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)	**3** Roasted Chicken Leg 2 Arroz Con Gandules 25 WS (Rice with Pigeon Peas) Farm Fresh Green Beans 5 Whole Grain Dinner Roll 17 WS Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)
6 Whole Grain Cheese Pizza 34 WM Carrot Sticks 5 Low Fat Ranch Dip 5 WSME Vegetable Juice 13 Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)	**7** Whole Grain Chicken Tenders 18 WS Macaroni and Cheese 20 WME Farm Fresh Spinach 5 Whole Grain Biscuit 30 WSM Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)	**8** Beef Burger 1 on a Whole Grain Roll 29 WS Corn Niblets 15 Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)	**9** Chicken Fajitas 3 WS with Red Onions, Green and Red Peppers 5 Whole Grain Flatbread 28 WSM Fiesta Beans Salad 22 Vegetable Juice 13 Shredded Cheese 1 M Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)	**10** Oven Baked Pork Choppette 11 WS OR Grilled Teriyaki Chicken Dippers 8 WS Seasoned Brown Rice 23 S Oven Roasted Butternut Squash 11 Whole Grain Dinner Roll 17 WS Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)
13 Whole Grain Cheese Pizza 34 WM OR Whole Grain Baked Breaded Mozzarella Sticks 33 WSM with Marinara Sauce 5 Corn Niblets 15 Vegetable Juice 13 Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)	**14** Salisbury Steak 5 WSM with Gravy 5 WSME Mashed Potatoes 13 M Broccoli 5 Whole Grain Coco Roll 33 WS Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)	**15** Breaded Chicken Filet 14 WS on a Whole Grain Roll 29 WS Carrot Coins 5 Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)	**16** Turkey Taco Meat 3 Taco Chips 19 & Cheese 1 M Fiesta Beans Salad 22 Fajita Seasoned Brown Rice 23 WS Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)	**17** Roasted Chicken Leg 2 Arroz Con Gandules 25 WS (Rice with Pigeon Peas) Farm Fresh Green Beans 5 Whole Grain Dinner Roll 17 WS Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)

20	21	22	23	24
Twin Burgers on Whole Grain Rolls 33 WSM Potato Wedges 19 S Green Peas 15 Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)	Oven Baked Breaded Chicken Leg 5 W Whole Grain Corn Muffin 28 WSME Vegetable Juice 13 Baby Carrots 5 with Low Fat Ranch Dip 5 WSME Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)	Breaded Chicken Filet 14 WS on a Whole Grain Roll 29 WS Carrot Coins 5 Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)	Whole Grain Cheese Pizza 34 WM Green Beans 5 Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)	WINTER RECESS
27 WINTER RECESS	**28** WINTER RECESS	**29** WINTER RECESS	**30** WINTER RECESS	**31** WINTER RECESS

Key: W-Wheat/Gluten, S=Soy, M=Milk/Dairy, E=Egg Grams of Carbohydrate are indicated by the number following the menu item

DAILY ALTERNATIVES

● Hummus Cup 9 with Whole Grain Crackers 30 WS and Cheese Stick 1 M

● Whole Grain Protein Plate with a Bagel 25 WS (or Whole Grain Zucchini or Banana Bread Slice 45 W, S, M, E), Yogurt 19 M, and Cheese Stick 1 M

● Whole Grain Sunbutter Sandwich 56 WS ● Assorted Sandwiches on a Whole Grain Roll 29 WSM ● Assorted Salads with Scott's Whole Grain Roll 33 WS ● Yogurt Parfait 53 WM with Whole Grain Granola 20 W and Whole Grain Pretzels 15 W ●

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

This Is An Equal Opportunity Institution

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!

FOODCORPS

CONNECTICUT PUT LOCAL ON YOUR TRAY FARM TO SCHOOL