

DECEMBER

LUNCH MENU
GRADES 6-12

HARTFORD
PUBLIC SCHOOLS
Where the future is present.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

		<p>1</p> <p>All Beef Hot Dog on a Whole Grain Roll Vegetarian Baked Beans Baby Carrots with Low Fat Ranch Dip Fruit Choice Milk Choice</p>	<p>2</p> <p>Breaded Chicken Fillet on a Whole Grain Roll Sweet Potatoes Fruit Choice Milk Choice</p>	<p>3</p> <p>Unbreaded Roasted Chicken Leg Rice with Pigeon Peas Farm Fresh Green Beans Whole Grain Dinner Roll Fruit Choice Milk Choice</p>
<p>6</p> <p>Whole Grain Cheese Pizza Vegetable Juice Baby Carrots with Low Fat Ranch Dip Fruit Choice Milk Choice</p>	<p>7</p> <p>Whole Grain Breaded Chicken Tenders Macaroni & Cheese Farm Fresh Spinach Whole Grain Biscuit Fruit Choice Milk Choice</p>	<p>8</p> <p>Hamburger on a Whole Grain Roll Corn Niblets Fruit Choice Milk Choice</p>	<p>9</p> <p>Chicken Fajitas with Red Onion, Green and Red Peppers and Shredded Cheese on Whole Grain Flatbread Fiesta Beans Vegetable Juice Fruit Choice Milk Choice</p>	<p>10</p> <p>Oven Baked Pork Choppette OR Grilled Teriyaki Chicken Dippers Seasoned Brown Rice Oven Roasted Butternut Squash Whole Grain Dinner Roll Fruit Choice Milk Choice</p>
<p>13</p> <p>Whole Grain Cheese Pizza OR Baked Whole Grain Breaded Mozzarella Sticks with Marinara Sauce Corn Niblets Carrots with Low Fat Ranch Dip Vegetable Juice Fruit Choice Milk Choice</p>	<p>14</p> <p>Salisbury Steak Mashed Potatoes with Gravy Broccoli Scott's Whole Grain Roll Fruit Choice Milk Choice</p>	<p>15</p> <p>Breaded Chicken Fillet on a Whole Grain Roll Carrot Coins Fruit Choice Milk Choice</p>	<p>16</p> <p>Turkey Taco Meat with Whole Grain Taco Chips Fiesta Beans Salad with Fresh Cilantro Shredded Cheese Fajita Seasoned Brown Rice Fruit Choice Milk Choice</p>	<p>17</p> <p>Unbreaded Roasted Chicken Leg Rice with Pigeon Peas Farm Fresh Green Beans Whole Grain Dinner Roll Fruit Choice Milk Choice</p>

20 Whole Grain Twin Burgers Potato Wedges Green Beans Fruit Choice Milk Choice	21 Baked Breaded Chicken Drumstick Corn Muffin Vegetable Juice Baby Carrots with Low Fat Ranch Dip Fruit Choice Milk Choice	22 Breaded Chicken Fillet on a Whole Grain Roll Carrot Coins Fruit Choice Milk Choice	23 Whole Grain Cheese Pizza Green Beans Fruit Choice Milk Choice	24 WINTER RECESS
27 WINTER RECESS	28 WINTER RECESS	29 WINTER RECESS	30 WINTER RECESS	31 WINTER RECESS

DAILY ALTERNATIVES

Monday/Wednesday/Friday:

- Whole Grain Protein Plate with a Bagel, Yogurt, and Cheese Stick

Tuesday & Thursday

- 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 ●

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!

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

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!

This Is An Equal Opportunity Institution

