



LUNCH MENU

GRADES 6-12

HARTFORD
PUBLIC SCHOOLS
Where the future is present.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p style="text-align: right;">2</p> <p>Whole Grain Pasta with Meat Sauce Broccoli Whole Grain Dinner Roll Fruit Choice Milk Choice</p>	<p style="text-align: right;">3</p> <p>Roasted Chicken Leg Arroz Con Gandules (Rice with Pigeon Peas) Farm Fresh Spinach Whole Dinner Roll Fruit Choice Milk Choice</p>	<p style="text-align: right;">4</p> <p>All Beef Hot Dog on a Whole Grain Roll Vegetarian Baked Beans Fruit Choice Milk Choice</p>	<p style="text-align: right;">5</p> <p>"Cowboy Nachos" Southern BBQ Pulled Turkey with Whole Grain Taco Chips and Cheese Sauce Fiesta Bean Salad Carrot Sticks with Low Fat Ranch Dip Cinnamon Goldfish Grahams Fruit Choice Milk Choice</p>	<p style="text-align: right;">6</p> <p>Potato Crunch Fish Sticks with Tartar Sauce Whole Grain Dinner Roll OR Whole Grain Grilled Cheese Potato Wedges Fruit Choice Milk Choice</p>
<p style="text-align: right;">9</p> <p>Whole Grain Cheese Pizza Vegetable Juice Baby Carrots with Low Fat Ranch Dip Fruit Choice Milk Choice</p>	<p style="text-align: right;">10</p> <p>Oven Baked Chicken Tenders Macaroni and Cheese Farm Fresh Collard Greens Whole Grain Biscuit Fruit Choice Milk Choice</p>	<p style="text-align: right;">11</p> <p>Hamburger on a Whole Grain Roll Corn Niblets Fruit Choice Milk Choice</p>	<p style="text-align: right;">12</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 style="text-align: right;">13</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 style="text-align: right;">16</p> <p>Whole Grain Pizza Wedge Carrot Sticks with Low Fat Ranch Dip Vegetable Juice Fruit Choice Milk Choice</p>	<p style="text-align: right;">17</p> <p>Roasted Chicken Leg Arroz Con Gandules (Rice with Pigeon Peas) Farm Fresh Spinach Whole Grain Dinner Roll Fruit Choice Milk Choice</p>	<p style="text-align: right;">18</p> <p>Breaded Chicken Fillet on a Whole Grain Roll Carrot Coins Fruit Choice Milk Choice</p>	<p style="text-align: right;">19</p> <p>Turkey Taco Meat with Whole Grain Taco Chips Fiesta Beans Salad with Fresh Cilantro Corn Niblets Shredded Cheese Fajita Seasoned Brown Rice Fruit Choice Milk Choice</p>	<p style="text-align: right;">20</p> <p>Whole Grain Pasta with Meat Sauce Broccoli Whole Grain Dinner Roll Fruit Choice Milk Choice</p>



23	24	25	26	27
Whole Grain Pizza Wedge Broccoli Fruit Choice Milk Choice Whole Grain Treat	Baked Breaded Chicken Drumstick Mashed Potatoes Farm Fresh Spinach Whole Grain Biscuit Fruit Choice Milk Choice	All Beef Hot Dog on a Whole Grain Roll Vegetarian Baked Beans Fruit Choice Milk Choice	Tex Mex Potato Bar with Seasoned Beef, Cheese Sauce, Potato Sidewinders, and Scotts Whole Grain Roll Green Beans Fruit Choice Milk Choice	Boneless Chicken Wings with Sweet Chili Sauce Seasoned Brown Rice Local Farm Fresh Vegetable Medley Fruit Choice Milk Choice
30	31			
MEMORIAL DAY\ NO SCHOOL	Whole Grain Jamaican Beef Patty Baby Carrots with Low Fat Ranch Dip 100% Vegetable Juice Fruit Choice Milk Choice			

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 ●

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!

