

November

PRE-PACK LUNCH MENU

GRADES K-8



HARTFORD
PUBLIC SCHOOLS
Where the future is present.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	1	2	3	4
	<p>Roasted Chicken Leg Arroz Con Gandules (Rice with Pigeon Peas) Farm Fresh Green Beans Fruit Choice Milk Choice</p>	<p>Early Release All Beef Hot Dog on a Whole Grain Roll Vegetarian Baked Beans Baby Carrots with Low Fat Ranch Dip Fruit Choice Milk Choice Pre K Only: Teriyaki Chicken Tenders</p>	<p>Oven Baked Chicken Tenders Macaroni and Cheese Farm Fresh Spinach Whole Grain Biscuit Fruit Choice Milk Choice</p>	<p>Crunchy Fish Sticks with Tartar Sauce Whole Grain Dinner Roll OR Whole Grain Grilled Cheese Potato Wedges Fruit Choice Milk Choice</p>
7	8	9	10	11
<p>Whole Grain Cheese Pizza Vegetable Juice Broccoli Fruit Choice Milk Choice</p>	<p>Professional Learning No School</p>	<p>Hamburger on a Whole Grain Roll Lettuce & Tomato Potato Wedges Cucumber Slices and Red Pepper Sticks with Low Fat Ranch Dip Fruit Choice Milk Choice</p>	<p>Chicken Fajitas with Red Onion, Green and Red Peppers and Shredded Cheese on Whole Grain Flatbread Fiesta Beans Corn Niblets Fruit Choice Milk Choice</p>	<p>Veteran's Day Schools Closed</p>
14	15	16	17	18
<p>Whole Grain Pizza Wedge Broccoli Vegetable Juice Whole Grain Treat Fruit Choice Milk Choice</p>	<p>Salisbury Steak Mashed Potatoes with Gravy Farm Fresh Green Beans Whole Grain Dinner Roll Fruit Choice Milk Choice</p>	<p>Early Release Breaded Chicken Fillet on a Whole Grain Roll Lettuce & Tomato Carrot Coins Fruit Choice Milk Choice</p>	<p>Beef Taco Meat with Whole Grain Taco Chips Fiesta Beans Salad with Fresh Cilantro Shredded Cheese Corn Niblets Fajita Seasoned Brown Rice Fruit Choice Milk Choice</p>	<p>Whole Grain Maple Glazed French Toast Sticks Turkey Sausage Patty Hartford Fresh Local HomeFries Vegetable Juice Fruit Choice Milk Choice</p>

<p style="text-align: right;">21</p> <p>Whole Grain Jamaican Beef Patty Baby Carrots with Low Fat Ranch Dip 100% Vegetable Juice Fruit Choice Milk Choice</p>	<p style="text-align: right;">22</p> <p>Breaded Chicken Fillet on a Whole Grain Roll Lettuce & Tomato Corn Niblets Fruit Choice Milk Choice</p>	<p style="text-align: right;">23</p> <p>Early Release Whole Grain Cheese Pizza Hot Vegetable Choice Fruit Choice Milk Choice</p>	<p style="text-align: right;">24</p> <p>Thanksgiving Recess</p>	<p style="text-align: right;">25</p> <p>Thanksgiving Recess</p>
<p style="text-align: right;">28</p> <p>Beef & Cheese Taco Stick Vegetable Juice Corn Niblets Fruit Choice Milk Choice</p>	<p style="text-align: right;">29</p> <p>Roasted Chicken Leg Arroz Con Gandules (Rice with Pigeon Peas) Farm Fresh Spinach Fruit Choice Milk Choice</p>	<p style="text-align: right;">30</p> <p>All Beef Hot Dog on a Whole Grain Roll Vegetarian Baked Beans Fruit Choice Milk Choice</p> <p>Pre K Only: Teriyaki Chicken Tenders</p>	<div style="display: flex; align-items: center;"> <div data-bbox="1318 542 1503 753" style="text-align: center;"> <p>Make time for SCHOOL BREAKFAST! Breakfast is served Daily in ALL our schools!</p>  </div> <div data-bbox="1570 574 1915 730" style="margin-left: 20px;">  <p>Remember ALL meals include your choice of milk, fruit, and any of the vegetables of the day!</p> </div> </div>	

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.

DAILY ALTERNATIVES

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

Availability may vary



This is An Equal Opportunity Institution