

Hartford Public Schools' Secondary Menu August -September 2009

Daily Alternates	Monday	Tuesday	Wednesday	Thursday	Friday
We serve healthy choices and whole grains daily					
Hartford Schools' menu is Pork Free					
Bagel/Yogurt Plate OR Chef Salad OR Assorted Grinder or Toasted Cheese	August 31 Welcome Back Galaxy Pizza Carrot Sticks/ Dip Fruit Juice Choice of Fruit Low Fat Milk	Rice Month 1 Chicken Tenders Spanish Rice Green Peas Choice of Fruit Low Fat Milk	Potato Month 2 Hot Dog on a Whole Grain Roll Potato Wedges Green Beans Choice of Fruit Low Fat Milk	Brunch for Lunch 3 French Toast Sticks Sausage Links Syrup Packet Choice of Fruit Fruit Juice Low Fat Milk	Taco Friday 4 Tacos with Meat Baked Nacho Scoops Rice Lettuce and Tomato Choice of Fruit Low Fat Milk
Bagel/Yogurt Plate OR Chef Salad OR Assorted Grinder OR Quesadilla	Labor Day 7 No School	8 Cheesy Bread Sticks Marinara Sauce Carrot Sticks Fruit Juice Choice of Fruit Low Fat Milk	9 Chicken Nuggets Yellow Rice Green Beans Choice of Fruit Low Fat Milk	10 Jamaican Beef Patty or Beef Nuggets Coco Bread Tossed Salad Choice of Fruit Low Fat Milk	11 Fish Fillet with Cheese On a Whole Grain Roll Potato Smiles Green Peas Choice of Fruit Low Fat Milk
Bagel/Yogurt Plate OR Chef Salad OR Assorted Grinder OR Burger and roll	14 Sal's Pizza Carrot Sticks Fruit Juice Choice of Fruit Low Fat Milk	15 Hot Dog on a Whole Grain Roll Potato Wedges Baked Beans Choice of Fruit Low Fat Milk	16 Sliced Turkey /Gravy Mashed Potatoes Glazed Carrots Whole Grain Roll Choice of Fruit Low Fat Milk	17 Chicken Tenders Macaroni and Cheese Broccoli Choice of Fruit Low Fat Milk	18 Pasta with Meatsauce Whole Grain Bread Stick Tossed Salad Choice of Fruit Low Fat Milk
Bagel/Yogurt Plate OR Chef Salad OR Assorted Grinder OR Coco Bites	21 Chicken Flatbread Pizza Fruit Juice Choice of Fruit Low Fat Milk	22 Cheeseburger/Beef Burger on Roll Potato Wedges Mixed Vegetables Choice of Fruit Low Fat Milk	23 Cheese Pizza Square Tossed Salad Choice of Fruit Low Fat Milk	24 Chicken Patty on Roll Corn Choice of Fruit Low Fat Milk	25 Sloppy Joe on Roll Potato Smiles Vegetable Sticks/Dip Choice of Fruit Low Fat Milk
Bagel/Yogurt Plate OR Chef Salad OR Assorted Grinder OR French Br Pizza	28 Chicken Nuggets Corn Muffin Broccoli Choice of Fruit Low Fat Milk	29 Beef Tips with Gravy Rice Green Peas Choice of Fruit Low Fat Milk	30 Chicken Thigh Dinner Roll Corn Choice of Fruit Low Fat Milk	October 1 Cheese Quesadilla or Vegetarian Burger Glazed Carrots Choice of Fruit Low Fat Milk	October 2 Italian Dunkers Meat sauce Bread Stick Vegetable Sticks/Dip Choice of Fruit Low Fat Milk

