
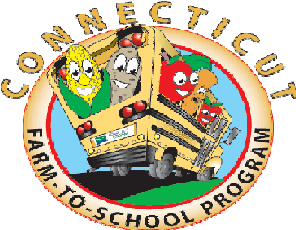



Hartford Public Schools' Secondary Menu November 2009

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 CoCo Bites	2 Chicken Nuggets Apple Bread Stick Green Beans Choice of Fruit Low Fat Milk	3 Cheeseburger or Vegetarian Burger on Whole Grain Roll Corn Choice of fruit Low Fat Milk	4 Salisbury Steak Mashed Potato/gravy Whole Wheat Roll Choice of fruit Low Fat Milk	5 Baked Chicken Corn Muffin Broccoli Choice of fruit Low Fat Milk	6 Italian Friday Italian Dunkers Meat Sauce Whole Wheat Bread stick Tossed salad Choice of Fruit Low Fat Milk
Bagel/Yogurt Plate OR Chef Salad OR Assorted Grinder OR Southwest Pizza	9 French Bread Pizza Fruit Juice Choice of fruit Low Fat Milk	10 Hot dog on a Whole Grain Roll Potato Wedges Carrots sticks Choice of Fruit Low Fat Milk	11 Chicken Patty On Whole Grain Roll Corn Choice of Fruit Low Fat Milk	12 Taco Meat Tostitos Scoops Rice Lettuce & Tomato Cup Choice of fruit Low Fat milk	13 Rib B Que on a Whole Grain Roll Tossed Salad Choice of Fruit Low Fat Milk
Bagel/Yogurt Plate OR Chef Salad OR Assorted Grinder OR Pizza Wedge	16 Chicken Tenders Macaroni & Cheese Green Peas Choice of Fruit Low Fat Milk	17 Steak Tips Rice Mixed vegetables Choice of fruit Low Fat Milk	18 Pasta in Meatsauce or Meatballs Bread Stick Vegetable Sticks/Dip Choice of fruit Low Fat Milk	19 Popcorn Chicken Dinner Roll Broccoli Choice of fruit Low Fat Milk	20 Sicilian Cheese Pizza Tossed Salad Choice of Fruit Low Fat Milk
Bagel/Yogurt Plate OR Chef Salad OR Assorted Grinder OR Hot Alternate	23 BBQ Chicken Nuggets Corn Muffin Broccoli Choice of Fruit Low Fat Milk	24 Turkey with Gravy Mashed Potato Green Beans Whole Wheat roll Choice of Fruit Low Fat Milk Thanksgiving Cookie	25 Pizza Wedge Fruit Juice Carrot Sticks Choice of Fruit Low Fat Milk	26 <div style="text-align: center;">  <p style="color: orange; font-weight: bold; font-size: 1.2em;">Thanksgiving</p> </div>	27 <div style="text-align: center;">  </div>
Bagel/Yogurt Plate OR Chef Salad OR Assorted td Grinder OR Grilled Cheese	30 Cheesy Bread Sticks Fruit Juice Choice of fruit Low Fat Milk	 <p style="color: red; font-weight: bold;">In 2006, there were 124,512 people in Hartford</p>			 <p style="color: red; font-weight: bold;">30.1% of Hartford's population is under 18 years old</p>

