

Hartford Public Schools' Secondary Menu October 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 Astd Grinder OR Fr Bread Pizza	Eat Better.... Eat Together Month		This is Pizza Month Pizza is the #1 favorite School Lunch Meal 	1 Cheese Quesadilla or Vegetarian Burger on Roll Vegetable sticks Choice of fruit Low Fat Milk	2 Italian Dunkers Meat Sauce Tossed salad Whole Wheat Bread stick Choice of Fruit Low Fat Milk
Bagel/Yogurt Plate OR Chef Salad OR Astd Grinder OR Grilled Cheese	5 French Bread Pizza Fruit Juice Choice of fruit Low Fat Milk	6 Salisbury Steak Mashed Potato/gravy Peas Whole Wheat Roll Choice of fruit Low Fat Milk	7 Chicken Patty On Whole Grain Roll Potato Smiles Choice of Fruit Low Fat Milk	8 Soft Shell Tacos Lettuce & Tomato Cup Salsa Corn Choice of fruit Low Fat milk	9 Rib B Que on a Whole Grain Roll Tossed Salad Choice of Fruit Low Fat Milk
Bagel/Yogurt Plate OR Chef Salad OR Astd Grinder OR Coco Bites	No School 12 Columbus Day	13 Teriyaki Beef Nuggets Rice Mixed vegetables Choice of fruit Low Fat Milk	14 Jamaican Beef Patty or Teriyaki Chicken Dippers Coco Bread Vegetable Sticks/Dip Choice of fruit Low Fat Milk	15 Popcorn Chicken Yellow Rice Broccoli Choice of fruit Low Fat Milk	16 Cheese Pizza Tossed Salad Choice of Fruit Low Fat Milk Elf Graham Treat
Bagel/Yogurt Plate OR Chef Salad OR Astd Grinder OR 4X6 Pizza	19 Chicken Nuggets Corn Muffin Green Beans Choice of Fruit Low Fat Milk	20 Cheesy Bread Sticks Tossed salad Choice of fruit Low Fat Milk	21 Turkey with Gravy Mashed Potato Whole Wheat roll Choice of Fruit Low Fat Milk	22 Hamburger or Vegetarian Burger on Whole Grain Roll Corn Choice of fruit Low Fat Milk	23 Baked Chicken Rice Glazed Carrots Choice of Fruit Low Fat Milk
Bagel/Yogurt Plate OR Chef Salad OR Astd Grinder Or Spicy Chicken Patty	26 Pizza Wedge Fruit Juice Choice of Fruit Low Fat Milk	27 Hot dog on a Whole Grain Roll Potato Wedges Carrots sticks Choice of Fruit Low Fat Milk	 28 World Series Begins Meatloaf w/Gravy Mashed potato Whole wheat roll Choice of fruit Low Fat Milk Baseball Cookie Treat	29 Fish Fillet on a Whole Grain Roll Potato Rounds Green Peas Choice of Fruit Low Fat Milk	30 Chicken Tenders Macaroni & Cheese Broccoli Choice of Fruit Low Fat Milk