

# Hartford Public Schools' **PREPACK** January 2012 Menu



| Daily Alternates   | Monday   | Tuesday  | Wednesday  | Thursday  | Friday  |
|--|--|--|--|---|---|
| <i>We serve nutrient rich fruits and vegetables and whole grains everyday!</i>   |  |  | <b>Hartford Schools' menu is Trans Fat Free and Nut Free</b>   |   |   |
| Whole Grain Bagel/Yogurt Plate or Chef Salad or Turkey Sandwich on Whole Grain Roll or Veggie Burger on Whole grain roll                             | <b>2</b><br><b>No School Winter Break</b><br>                               | <b>3</b><br>Chicken Nuggets<br>Mixed Vegetable<br>Whole Grain Dinner Roll<br>Rainbow Fruit Tray<br>1% Low fat Milk   | <b>4</b><br>Oven Roasted Chicken<br>Mashed Potatoes<br>Whole Grain Dinner Roll<br>Carrot Sticks/Dip<br>Rainbow Fruit Tray<br>1% Low fat Milk       | <b>5</b><br>Whole Grain Pizza Wedge<br>Fresh Veggie Sticks with Low fat Dip<br>Rainbow Fruit Tray<br>1% Low fat Milk                    | <b>6</b><br><b>Three Kings Day</b><br><b>Día de Los Reyes</b><br><br><b>NO SCHOOL</b>    |
| Whole Grain Bagel/Yogurt Plate or Chef Salad or Ham & Cheese Sandwich on Whole Grain Roll or Veggie Burger on Whole grain roll                       | <b>9</b><br>Baked Whole Grain Pizza Dippers with Marinara Sauce<br>100% Fruit Juice<br>Fresh Veggie Sticks and Dip<br>Rainbow Fruit Tray<br>1 % Low fat Milk | <b>10</b><br>Oven Baked Chicken Tenders<br>Reduced Fat Macaroni and Cheese<br>Steamed Broccoli<br>Rainbow Fruit Tray<br>1% Low fat Milk  | <b>11</b><br>Oven Steamed Hamburger or Cheeseburger<br>Whole Grain Bun<br>Corn Niblets<br>Rainbow Fruit Tray<br>1% Low fat Milk                    | <b>12</b><br>Whole Grain Pasta with Meat Sauce<br>Green Beans<br>Whole Grain Breadstick<br>Rainbow Fruit Tray<br>1% Low fat Milk        | <b>13</b><br>Oven Baked Fish Sticks<br>Whole Grain Dinner Roll<br>Sweet Potato Wedges<br>Romaine Garden Salad (choice of dressing)<br>Rainbow Fruit Tray<br>1% Low fat Milk |
| Whole Grain Bagel/Yogurt Plate or Chef Salad or Tuna Sandwich on Whole Grain Roll or Vegetarian Choice (varies) or Veggie Burger on Whole Grain roll | <b>16</b><br><b>Martin Luther King Day</b><br><br><b>NO SCHOOL</b>          | <b>17</b><br>Vegetarian Burrito<br>Crunchy Fresh Vegetable Sticks and low fat dip<br>100% Fruit Juice<br>Rainbow Fruit Tray<br>1 % Low fat Milk<br><i>Chocolate Whole Grain Goldfish Treat</i> | <b>18</b><br>Grilled Chicken Patty<br>Hot Vegetable<br>Whole Grain Roll<br>Rainbow Fruit Tray<br>1% Low Fat Milk                                   | <b>19</b><br>Traditional Jamaican Beef Patties<br>Coco Bread Wrap<br>Carrot Sticks & Dip<br>Rainbow Fruit Tray<br>1% Low fat Milk       | <b>20</b><br>Beef Stew with Vegetables<br>Yellow Rice<br>Romaine Garden Salad (choice of dressing)<br>Rainbow Fruit Tray<br>1% Low fat Milk                                 |
| Whole Grain Bagel/Yogurt Plate or Chef Salad or Turkey Sandwich on Whole Grain Roll or Veggie Burger on Whole Grain roll                             | <b>23</b><br>Whole Grain Pancake and Low fat sausage (optional syrup)<br>100% Fruit Juice<br>Rainbow Fruit Tray<br>1% Low Fat Milk                           | <b>24</b><br>All Beef Hot Dogs on Whole Grain Roll<br>Sweet Potato Puffs<br>Rainbow Fruit Tray<br>1% Low Fat Milk  | <b>25</b><br>Oven Baked Breaded Chicken Patty on a Whole Grain Roll<br>Corn Niblets<br>Rainbow Fruit Tray<br>1 % Low fat Milk                      | <b>26</b><br>Lean Salisbury Steak<br>Mashed Potatoes<br>Whole Grain Dinner Roll<br>Rainbow Fruit Tray<br>1% Low Fat Milk                | <b>27</b><br>"Make your own Mini Tacos"<br>Seasoned Taco Meat<br>Brown Rice<br>Baked Tostitos<br>Shredded Tomatoes, Lettuce<br>Rainbow Fruit Tray<br>1% Low Fat Milk        |
| Whole Grain Bagel/Yogurt Plate or Chef Salad or Tuna Sandwich on Whole Grain Roll or Veggie Burger on Whole Grain roll                               | <b>30</b><br>Whole Grain French Bread Pizza<br>Crunchy Fresh Vegetable Sticks and Low fat dip<br>100% Fruit Juice<br>Rainbow Fruit Tray<br>1% Low fat Milk   | <b>31</b><br>Baked Breaded Chicken<br>Mashed Potato<br>Reduced fat Corn Muffin<br>Rainbow Fruit Tray<br>1% Low Fat Milk  | <b>1</b><br><i>Italian Dunkers</i><br>(Thick Meat Sauce) with Whole Grain Soft Bread Stick<br>Green Beans<br>Rainbow Fruit Tray<br>1% Low Fat Milk | <b>2</b><br>Asian Chicken with Sweet and Sour Sauce<br>Brown Rice<br>Carrot Sticks/Low fat dip<br>Rainbow Fruit Tray<br>1% Low Fat Milk | <b>3</b><br>Grilled Cheese on Whole Wheat Bread<br>Tossed Salad<br><i>Whole Grain Heartzel Pretzels</i><br>Rainbow Fruit Tray<br>1% Low fat Milk                            |

**We make every effort to serve your children nutritious foods that are delicious and high in fiber and low in saturated fat.**

**Heart Healthy Olive Oil is used in our kitchens to prepare our fresh steamed and roasted vegetables.**

**Did you know that our daily Milk Choices are all 1% low fat milk made from cows that are NOT treated with the growth hormone BST!**