


Hartford Public Schools' MAY 2012 Menu



Daily Alternates	Monday	Tuesday	Wednesday	Thursday	Friday
We serve nutrient rich fruits and vegetables and whole grains everyday!			ALL our meals are TRANS FAT and NUT FREE!		
Whole Grain Bagel/ Yogurt Plate or Chef Salad or Turkey Sandwich on Whole Grain Roll or Veggie Burger on Whole grain roll or Yogurt Parfait	30 Oven Baked Chicken Tenders Yellow Spanish Style Rice Peas/ <i>Petit Pois</i> Rainbow Fruit Tray 1% Low Fat Milk	1 Hot Turkey Ham & Cheese on Whole Grain Twisted Roll Tomato Soup Whole Grain Pretzel Goldfish Rainbow Fruit Tray 1% Low fat Milk	2 Grilled Chicken Patty on Whole Grain Roll Yellow and Green Oven Roasted Squash Rainbow Fruit Tray 1% Low fat Milk	3 Cheese Pizza Square Romaine Lettuce Salad with Baby Grape Tomatoes 100% Fruit Juice Rainbow Fruit Tray 1% Low Fat Milk	4 Hot Dog (all beef) on Whole Grain Roll Vegetarian Baked Beans Fresh Veggie Sticks with low fat Dip Rainbow Fruit Tray 1% Low Fat Milk
Whole Grain Bagel/ Yogurt Plate or Chef Salad or Ham & Cheese Sandwich on Whole Grain Roll or Veggie Burger on Whole grain roll or Yogurt Parfait	7 "Cinco de Mayo" Cheese Quesadilla Corn Niblets Rainbow Fruit Tray 1% Low fat Milk	8 Oven Roasted Chicken Macaroni and Cheese (reduced fat recipe) Fresh Collard Greens Rainbow Fruit Tray 1% Low Fat Milk	9 BBQ Lean Beef Tips on Whole Grain Roll Oven Roasted Red Bliss Potatoes and Green Peppers Rainbow Fruit Tray 1% Low fat Milk	10 Oven Baked Chicken Nuggets Mashed Potatoes Fresh Asparagus Ciabatta Roll Rainbow Fruit Tray 1% Low fat Milk	11 Baked Fish Fillet on Whole Grain Goldfish Roll Carrot & Raisin Slaw 100% Fruit Juice Rainbow Fruit Tray 1% Low fat Milk
Whole Grain Bagel/ Yogurt Plate or Chef Salad or Tuna Sandwich on Whole Grain Roll Or Yogurt Parfait or Veggie Burger on Whole Grain roll	14 Whole Grain French Bread Pizza Veggie or Cheese Hot Vegetable 100% Fruit Juice Rainbow Fruit Tray 1% Low fat Milk	15 Seasoned Taco Meat Shredded Lettuce/Tomato & Shredded Cheese Tostitos Corn Chips Rainbow Fruit Tray 1% Low fat Milk Whole Grain Cookie	16 Oven Baked Popcorn Chicken Mashed Potato Corn - OR - Crispy Chicken Salad Whole Grain Dinner Roll Rainbow Fruit Tray 1% Low Fat Milk	17 Jamaican Beef Patties Teriyaki Chicken Dippers/ Coco bread Fresh Veggie Sticks & Low fat Dip or 100% Fruit Juice Rainbow Fruit Tray 1% Low fat Milk	18 Oven Baked Breaded Chicken Fillet on Whole Grain Roll Steamed Carrots & Fresh Fennel Rainbow Fruit Tray 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 or Yogurt Parfait	21 Honey BBQ Chicken Nuggets Steamed Brown Rice Corn Niblets Rainbow Fruit Tray 1% Low fat Milk	22 "All American Day" Hamburgers/Cheeseburger On Whole Grain Roll Oven Baked French Fries Lettuce and Tomato Rainbow Fruit Tray 1% Low fat Milk	23 "Baked Potato Day" Beef and Bean Chili -or- Vegetarian Chili, Broccoli/Cheese Sauce Whole Wheat Breadstick Rainbow Fruit Tray 1% Low Fat Milk	24 Oven Roasted Chicken Spanish Rice Sweet Plantains <i>Platanos Maduros</i> Rainbow Fruit Tray 1% Low fat Milk	25 Lean Salisbury Steak Mashed Potatoes Steamed Green Zucchini Whole Grain Dinner Roll Rainbow Fruit Tray 1% Low fat Milk
Whole Grain Bagel/ Yogurt Plate or Chef Salad or Tuna Sandwich on Whole Grain Roll or Yogurt Parfait or Veggie Burger on Whole Grain roll	28 MEMORIAL DAY NO SCHOOL 	29 Oven Baked Chicken Nuggets Yellow Rice Mixed Vegetables Rainbow Fruit Tray 1% Low Fat Milk	30 Veggie or Cheese Whole Grain Pizza Wedge Veggie Sticks with Dip Rainbow Fruit Tray 1% Low Fat Milk	31 Pasta with Meat sauce Or Pasta/Meatballs Farm Fresh Broccoli Ciabatta Roll Rainbow Fruit Tray 1% Low fat Milk	1 Whole Grain French Toast Sticks Chicken Sausage 100% Juice Rainbow Fruit Tray 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 or Yogurt Parfait	4 Whole Grain Pizza 100% Fruit Juice Fresh Steamed Vegetable Rainbow Fruit Tray 1% Low Fat Milk	5 Jamaican Beef Patties Teriyaki Chicken Dippers Coco bread Carrot sticks & Dip Rainbow Fruit Tray 1% Low fat Milk	6 Oven Baked Chicken Fillet on Whole Grain Roll Corn niblets Rainbow Fruit Tray 1% Low fat Milk	7 Hamburger or Cheeseburger On Whole Grain Roll Baked French Fries Rainbow Fruit Tray 1% Low Fat Milk	8 Hot Dog (all beef) on Whole Grain Roll Vegetarian Baked Beans Veggie Sticks with Dip Rainbow Fruit Tray 1% Low Fat Milk

We make every effort to serve your children foods that are reduced in saturated fat and Trans Fat Free and use Heart Healthy Olive Oil to prepare our fresh steamed vegetables.
Did you know? Our daily Milk choices are all 1% Low fat Milk from cows NOT treated with the growth hormone BST!

