

Hartford Public Schools' Elementary Menu December 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 Turkey Sandwich		1 Meatball Grinder Tossed Salad Choice of fruit Low Fat Milk Elf Graham Treat	2 Cheeseburger or Vegetarian Patty on a Whole Grain Roll Corn Choice of fruit Low Fat Milk	3 Jamaican Beef Patty or Teriyaki Chicken Tenders Coco Bread Tossed Salad Choice of fruit Low Fat Milk	4 Fish Fillet on a Whole Grain Roll Tater Tots Peas Choice of Fruit Low Fat Milk
Bagel/Yogurt Plate OR Chef Salad OR Ham & Cheese Sandwich	7 Chicken Nuggets Apple Bread Stick Broccoli Choice of Fruit Low Fat Milk	8 Pasta with Meatsauce or Meatballs Whole Wheat Bread Stick Tossed Salad Choice of Fruit Low Fat Milk	9 Diced Chicken with Gravy Rice Green Beans Choice of Fruit Low Fat Milk	10 French Bread Pizza Fruit Juice Choice of fruit Low Fat Milk	11 Sloppy Joe on a Whole Grain Roll Vegetable Sticks/Dip Choice of Fruit Low Fat Milk
Bagel/Yogurt Plate OR Chef Salad OR Tuna Sandwich	14 Chicken Tenders Macaroni & Cheese Green Peas Choice of Fruit Low Fat Milk	15 Steak Tips Rice Mixed vegetables Choice of fruit Low Fat Milk	16 Baked Chicken Corn Muffin Broccoli Choice of fruit Low Fat Milk	17 Hot dog on a Whole Grain Roll Potato Rounds Italian Blend Vegetables Choice of fruit Low Fat Milk	18 Sicilian Cheese Pizza Tossed Salad Choice of Fruit Low Fat Milk Bug Bites Treat
Bagel/Yogurt Plate OR Chef Salad OR Turkey Sandwich	21 Snowflake Chicken Patty on a Whole Grain Roll Corn Choice of Fruit Low Fat Milk Holiday Cookie Treat	22 Roasted Turkey with Gravy Mashed Potato Green Beans Whole Wheat Dinner Roll Choice of Fruit Low Fat Milk	23 Pizza Wedge Fruit Juice Carrot Sticks Choice of Fruit Low Fat Milk	24 Christmas Eve Holiday 	25 Christmas Day 
Raise Your Hand for Chocolate Milk	Choose a good book to read during the vacation				