



# Hartford Public Schools' Elementary Menu March 2010

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 OR Vegetarian Option	1	Read Across America	2	3	4	5
	Cheese Pizza Fruit Juice Choice of Fruit Low Fat Milk Scooby Doo Treat	Meatloaf Mashed Potatoes/Gravy Green Peas Dinner Roll Choice of Fruit Low Fat Milk	Chicken Nuggets Dinner Roll Glazed Carrots Choice of Fruit Low Fat Milk	Taco Bites Vegetable Sticks/Dip Choice of Fruit Low Fat Milk	French Toast Sticks Turkey Sausage Syrup Fruit Juice Choice of Fruit Low Fat Milk	
Bagel/Yogurt Plate OR Chef Salad OR Tuna Sandwich OR Vegetarian Option	8	9	10	11	12	
	Diced Chicken Rice/ Gravy Peas Choice of Fruit Low Fat Milk	Pasta with Meat Sauce Or Meatballs Bread Stick Tossed Salad Choice of Fruit Low Fat Milk	Jamaican Beef Patty or Teriyaki Beef Nuggets Coco Bread Corn Choice of Fruit Low Fat Milk <i>The telephone was invented in 1876</i>	Chicken Tenders Macaroni & Cheese Fresh Steamed Broccoli Choice of Fruit Low Fat Milk	Fish Fillet on Roll Potato Wedges Fresh Steamed Spinach Choice of Fruit Low Fat Milk	
Bagel/Yogurt Plate OR Chef Salad OR Ham and Cheese Sandwich OR Vegetarian Option	15	16	Saint Patrick's Day	18	19	
	Galaxy Pizza Carrot Sticks/ Dip Choice of Fruit Low Fat Milk Elf Graham Crackers	Beef Tips and Broccoli Rice Mixed Vegetables Choice of Fruit Low Fat Milk	Baked Chicken Dinner Roll Fresh Steamed Green Beans Choice of Fruit  Low Fat Milk <i>Shamrock Cookie Treat</i>	Sloppy Joe on Whole Wheat Roll Corn Choice of Fruit Low Fat Milk <i>Absolutely Incredible Kids' Day</i>	Flower Chicken Patty on Roll Potato Smiles Lettuce & Tomato Choice of Fruit Low Fat Milk	
Bagel/Yogurt Plate OR Chef Salad OR Turkey Ham Sandwich OR Vegetarian Option	22	23	24	25	26	
	Popcorn Chicken Corn Muffin Broccoli with Cheese Sauce Choice of Fruit Low Fat Milk	Quesadilla Tossed Salad Choice of Fruit Low Fat Milk Goldfish Pretzels	Jamaican Beef Patty or Teriyaki Chicken Tenders Coco Bread Corn Choice of Fruit Low Fat Milk	Stuffed Chicken Thigh Rice / Gravy Green Beans Choice of Fruit Low Fat Milk	Mozzarella Sticks Marinara Sauce Tossed Salad Choice of Fruit Low Fat Milk	
		March is National Nutrition Month		