

HARTFORD PUBLIC SCHOOLS' MENU – ALLERGEN & CHO INFORMATION- FEBRUARY 2012



Daily Alternates	Monday	Tuesday	Wednesday	Thursday	Friday
We serve healthy fruits and vegetables and whole grains daily!			Hartford Schools' Menu is TRANS FAT FREE and Nut Free!		
<p>Whole Grain Bagel/Yogurt Plate 54WD OR Chef Salad Salad 20DW (Choice of Dressing please check label) OR Turkey Sandwich 27WD Veggie Burger 27EWDS or Yogurt Parfait 70DWS</p>		<p>February is National Heart Health Month Be Kind to your Heart! Eat more antioxidant rich fresh fruits and vegetables and MOVE MORE!</p>	<p>1 Italian Dunkers served with Whole Grain Soft Bread stick 29SW Romaine Garden Salad 5 (choice of dressing –see label for nutritional information) Rainbow Fruit Tray 15 1% Low fat Milk 12/24/25</p>	<p>2 Asian Chicken with Sweet and Sour Sauce 27WES Oriental Vegetables 5 Steamed Brown Rice 23 Rainbow Fruit Tray 15 1% Low fat Milk 12/24/25D</p>	<p>3 Grilled Cheese on Whole Wheat Bread 31DWS Tomato Soup 10WDS Whole Grain Heartzels Pretzels 23W Rainbow Fruit Tray 15 1% Low fat Milk 12/24/25D</p>
<p>Whole Grain Bagel/Yogurt Plate 54WD or Chef Salad Salad 20DW (Choice of Dressing – please check label) or Ham & Cheese Sandwich 27DW Veggie Burger 27EWDS or Yogurt Parfait 70DWS</p>	<p>6 Oven Baked Popcorn Chicken 12 EDSW (3 oz./~1 gm per pc) Yellow Spanish Rice 22 Rainbow Fruit Tray 15 1% Low fat Milk 12/24/25D</p>	<p>7 <i>Veggie or Cheese</i> Whole Grain Pizza Wedge 30 DW Celery Sticks 5 Rainbow Fruit Tray 15 1% Low fat Milk 12/24/25D</p>	<p>8 Grilled Chicken 2W on Whole Grain Roll 27SW Lettuce/Tomato 5 Corn Niblets 15 Rainbow Fruit Tray 15 1% Low fat Milk 12/24/25D</p>	<p>9 Whole Grain Ravioli With Marinara Sauce 3 pieces 29DWE 4 pieces 37DWE Steamed Fresh Spinach 5 Rainbow Fruit Tray 15 1% Low fat Milk 12/24/25D</p>	<p>10 Oven Crisped Fish Fillet 27 WSEM on Whole Grain Roll 27 WS Confetti Coleslaw 5DES Rainbow Fruit Tray 15 1% Low fat Milk 12/24/25D</p>
<p>Whole Grain Bagel/ Yogurt Plate 54WD OR Chef Salad 20DW (Choice of Dressing – please check label) or Tuna Sandwich 27DW Veggie Burger 27EWDS or Yogurt Parfait 70DWS</p>	<p>13 Whole Grain French Toast Bread Sticks 4 pieces 54 DEWS 5 pieces 65 DEWS Chicken Sausage 2 S Sugar Free Syrup 4 Regular Syrup 25 100% Fruit Juice 15 Rainbow Fruit Tray 15 1% Low fat Milk 12/24/25D</p>	<p>14 Seasoned Taco Meat 4SW Baked <i>Tostitos</i> Scoops 19 Vegetarian Bean Chili 16SW Steamed Brown Rice 23 Lettuce and Tomato 5 Rainbow Fruit Tray 15 1 % Low Fat Milk 12/24/25D <i>Valentine's Day Treat 12W</i></p>	<p>15 Steamed All Beef Hot Dog 0 On Whole Grain Roll 25SW Vegetarian Bean Chili 16SW Oven Braised Cabbage with Carrots 5 Rainbow Fruit Tray 15 1% Low fat Milk 12/24/25D</p>	<p>16 Baked Chicken Patty 12SE served on Whole Grain Roll 27SW Veggie Sticks 5 with Low Fat Dip DES Rainbow Fruit Tray 15 1% Low fat Milk 12/24/25D</p>	<p>17 Hearty Beef Stew with Vegetables 16SW (<i>Carne Guisada</i>) Fresh Steamed Broccoli 5 Spanish Yellow Rice 22 Rainbow Fruit Tray 15 1% Low fat Milk 12/24/25D</p>
<p>Whole Grain Bagel/ Yogurt Plate 54WD or Chef Salad 20DW (Choice of Dressing – please check label) or Turkey Sandwich 27DW Veggie Burger 27EWDS or Yogurt Parfait 70DWS</p>	<p><i>Presidents' Day</i></p> <p><i>No School</i></p>	<p>21 Whole Grain Cheese Quesadilla 41WDS Corn Niblets 15 100% Fruit Juice 15 Rainbow Fruit Tray 15 1% Low fat Milk 12/24/25D <i>Presidential Whole Grain Cookie treat 18 WSM</i></p>	<p>22 Salisbury Steak 9SWD Mashed Potatoes 18D Green Peas 15 Whole Grain Dinner Roll 18SW Rainbow Fruit Tray 15 1% Low fat Milk 12/24/25D</p>	<p>23 Oven Roasted Chicken 0S Reduced fat Macaroni & Cheese 32DEW Fresh Steamed Seasoned Collard Greens 5 Corn Muffin (low fat) Rainbow Fruit Tray 15 1% Low fat Milk 12/24/25D</p>	<p>24 Jamaican Beef Patty 33W Coco bread wrap 44W Romaine Garden Salad 5 100% Fruit Juice 15 Rainbow Fruit Tray 15 1% Low fat Milk 12/24/25D</p>
<p>Whole Grain Bagel/Yogurt Plate 54WD OR Chef Salad 20DW (Choice of dressing – please check label) OR Tuna Sandwich 27DW Veggie Burger 27EWDS or Yogurt Parfait 70DWS</p>	<p>27 Baked Chicken Breast Tenders 4 pieces 21 5 pieces 26 EDSW Sweet Potato Wedge 21SW Steamed Mixed Vegetable 15 Whole Grain Biscuit 27DSW Rainbow Fruit Tray 15 1 % Low Fat Milk 12/24/25D</p>	<p>28 Steamed Lean Beef burger 0 or Cheeseburger 0D on Whole Grain Bun 27WS Corn Niblets 15 Sliced Lettuce/Tomato 5 Rainbow Fruit Tray 15 1 % Low Fat Milk 12/24/25D</p>	<p>29 Whole Grain Pasta with Meat sauce 31DEW or Pasta with Sauce and Meatballs 37(4) 38(5)WDS Fresh Steamed Broccoli 5 Whole Grain Breadstick 19W Rainbow Fruit Tray 15 1 % Low Fat Milk 12/24/25D</p>	<p>1 Whole Grain French Bread Pizza 33DW Romaine Garden Salad 5 (choice of salad dressings) 100% Fruit Juice 15 Rainbow Fruit Tray 15 1 % Low Fat Milk 12/24/25D</p>	<p>2 Chicken Noodle Soup 8WSE Grilled Cheese on Whole Wheat Bread 31DWS Carrot Sticks 5 with Low fat Dip DES Rainbow Fruit Tray 15 1 % Low Fat Milk 12/24/25D</p>

KEY: E=contains Egg, D= contains Dairy/Milk, S=contains Soy, W=Wheat/Gluten (gluten is a protein found in all wheat products).

GRAMS of CARBOHYDRATE are indicated by number next to the item (e.g. fruit 15)

We make every effort to serve your children nutritious and delicious foods that are low in saturated fat and Trans fat Free.

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

Did you know that our daily milk choices are all 1% low fat milk made from cows NOT treated with the growth hormone BST?



