



# Conard High School - August / September 2017

All hot lunches are Nut Free and Trans Fat Free!

Monday	Tuesday	Wednesday	Thursday	Friday
<p>*****  <b>Salad Bar</b>            * Available Daily *            *****</p> <p style="border: 1px solid black; padding: 2px;">This institution is an equal opportunity provider</p>	<p>29</p> <p style="background-color: #90EE90; padding: 5px;"><b>Seasonal Fresh Fruit is available daily with all meals!</b></p> <p style="background-color: #008000; color: white; padding: 5px;"><b>Milk Choices include low fat &amp; fat free flavored or unflavored milk</b></p>	<p>30</p> <p>Mini Maple Pancakes D,E            Sausage Links            Hash Brown Potato            Butternut Squash            Seasonal Fresh Fruit</p>	<p>31</p> <p>Breaded Chicken Filet            Plain or Spicy            on a Soft Kaiser Roll            Carrot Sticks            Cole Slaw E            Fresh Orange</p>	<p>1</p> <p>All Beef Burger on a Bun            w/ or without Cheese D            or Veggie Burger on a Bun            Lettuce &amp; Tomato            Potato Salad E            Seasonal Fresh Fruit</p>
<p>4</p> <div style="background-color: #FF0000; color: white; border-radius: 50%; width: 80px; height: 80px; display: flex; align-items: center; justify-content: center; margin: 0 auto;"> <p style="font-size: 2em; font-weight: bold; text-align: center;">LABOR DAY</p> </div>	<p>5</p> <p>All White Meat Chicken Tenders            Plain or Spicy            Mashed Potato D            &amp; Gravy D            Dinner Roll            Sauteed Green Peas            Fresh Apple</p>	<p>6</p> <p>Toasted Cheese Sandwich D            or            BBQ Beef Rib on a Bun D            Tomato Soup            Spring Lentil Salad            Applesauce</p>	<p>7</p> <p>Pasta            w/ Meat/Meatless Sauce            Garlic Bread Stick            Fresh Steamed Broccoli            Sliced Peaches</p>	<p>8</p> <p>Pizza Wedge D            w/ Buffalo Chicken            or Veggie Toppings            Chopped Romaine Salad            Assorted Fruit</p>
<p>11</p> <p>French Toast Sticks D,E            Grilled Egg Patty E            Potato Puffs            Chilled Edamame            Pineapple Tidbits</p> <p style="background-color: #90EE90; padding: 5px;"><b>Meatless Monday!</b></p>	<p>12</p> <p>Nachos Grande            w/ Seasoned Meat            &amp; Cheese Sauce D            Lettuce, Salsa            &amp; Sour Cream D            Black Bean Salad            Mixed Fruit Cup</p>	<p>13</p> <p>Jamaican Beef Patty            or            Corn Dog D,E            Oven Fries            Vegetarian Beans            Diced Pears</p>	<p>14</p> <p>Pasta            w/ or without Meatballs D            Marinara Sauce            Garlic Bread Stick            Spinach Salad            Fresh Apple</p>	<p>15</p> <p>French Bread Pizza            w/ Garlic &amp; Cheese D            Tomato &amp; Cucumber Salad            Seasonal Fresh Fruit</p>
<p>18</p> <p>Mozzarella Sticks D            w/ Marinara Sauce            Spicy Curly Fries            Warm Bread Stick            Roasted Zucchini            Mixed Berry Cup</p> <p style="background-color: #90EE90; padding: 5px;"><b>Meatless Monday!</b></p>	<p>19</p> <p>Popcorn Chicken D            Mashed Potato D            &amp; Gravy D            Fresh Roasted Green Beans            Dinner Roll            Fresh Orange</p>	<p>20</p> <p>Meatball Grinder D            or            Filet of Fish Sandwich D,E            Cole Slaw E            Oven Fries            Warm Cinnamon Apples</p>	<p>21</p> <p style="font-size: 1.5em; font-weight: bold; text-align: center;">Rosh Hashanah No School</p>	<p>22</p> <p>Chicken Fajita D            w/ Shredded Lettuce            Salsa &amp; Sour Cream D            Steamed Brown Rice            Black Bean Salad            Raisins</p>
<p>25</p> <p>Stuffed Crust Pizza D            w/ Veggie Toppings            Broccoli Normandy            Cucumber Salad            Applesauce</p> <p style="background-color: #90EE90; padding: 5px;"><b>Meatless Monday!</b></p>	<p>26</p> <p>Nachos Grande            w/ Seasoned Meat            &amp; Cheese Sauce D            Lettuce, Salsa            &amp; Sour Cream D            Crisp Corn            Fresh Apple</p>	<p>27</p> <p>Texas French Toast E            Sausage Patty            Sweet Potato Fries            Mandarin Oranges            Juice Choice</p>	<p>28</p> <p>Pasta            w/ Meat/Meatless Sauce            Garlic Bread Stick            Three Bean Salad            Fresh Fruit</p>	<p>29</p> <p>Chicken Nuggets            Rice &amp; Gravy D            Honey Carrots            Dinner Roll            Assorted Fruit</p>

Food allergy information: All hot meals are peanut and tree nut free; most meals contain soy, wheat and gluten - Please contact Tim Prosinski, Food Service Director at (860)561-6610 to discuss an alternate meal plan for your child. **Key:** D = contains milk/dairy; E = contains egg \*Menu Subject to Change Without Notice