



# West Hartford Elementary School Menu-August/September 2017



Monday	Tuesday	Wednesday	Thursday	Friday
28 <div style="border: 1px solid black; padding: 2px; background-color: #f4a460; display: inline-block;">All hot lunches are Nut Free and Trans Fat Free!</div>  <div style="border: 1px solid black; padding: 2px; background-color: #90ee90; display: inline-block;">Milk Choices include low fat &amp; fat free flavored or unflavored milk</div>	29 <div style="border: 1px solid black; padding: 2px; background-color: #90ee90; display: inline-block;">Seasonal Fresh Fruit is available daily with all meals!</div>  <div style="border: 1px solid black; padding: 2px; background-color: #ffff00; display: inline-block;">This institution is an equal opportunity provider</div>	30 V - Pasta with Marinara Sauce or Meat Sauce or V - Bagel & Cream Cheese D w/ Yogurt & Cheese Stick D Roasted Zucchini Pear Cup	31 All White Meat Chicken Tenders Dinner Roll or V - Peanut Butter & Jelly SW & Cheese Stick D Fresh & Local Corn on the Cob Fresh Apple	1 V - Cheese Pizza D Plain or Assorted Toppings or Sandwich Choice Celery Sticks w/ Dip Mixed Fruit Cup
4 <div style="border: 2px solid black; border-radius: 50%; padding: 10px; background-color: #ff0000; color: white; text-align: center; font-weight: bold; font-size: 2em;">LABOR DAY</div>	5 V - Pasta with Marinara Sauce with or without Meatballs D or V - Bagel & Cream Cheese D w/ Yogurt & Cheese Stick D Seasoned Green Beans Seasonal Fresh Fruit	6 Popcorn Chicken & Rice Bowl D or V - Red Beans & Rice Bowl Shredded Cheese D Lettuce & Salsa or Tuna Salad on Wheat E Steamed Corn Fresh Apple	7 All Beef Burger on a Bun Plain/Cheese/Bacon D or V - Veggie Burger on a Bun Lettuce & Tomato Three Bean Salad Sliced Peaches	8 V - Cheese Pizza D Plain or Assorted Toppings or Sandwich Choice Baby Carrots w/ Dip Pear Cup
11 Chicken Nuggets Rice & Gravy D or V - Egg Salad on Wheat E Steamed Corn Pear Cup	12 V - Pasta with Marinara Sauce or Meat Sauce or V - Bagel & Cream Cheese D w/ Yogurt & Cheese Stick D Roasted Butternut Squash Mixed Fruit Cup	13 SALAD BAR Make Your Own! V - School Made Vegetable Soup Bread Choice Mandarin Oranges  <i>Try a Salad Today!</i>	14 Nachos Grande w/ Meat and/or Cheese D or V - Loaded Baked Potato Lettuce, Salsa & Sour Cream D or Turkey on Wheat Bread Fresh Steamed Broccoli Seasonal Fresh Fruit	15 V - Cheese Pizza D Plain or Assorted Toppings or Sandwich Choice Roasted Chick Peas Sliced Peaches
18 French Toast Sticks D,E & Cheese Stick D or V - Hot Egg & Cheese Sandwich D,E Potato Puffs Applesauce  <div style="border: 1px solid black; padding: 2px; background-color: #90ee90; display: inline-block;">Meatless Monday</div>	19 V - Pasta with Marinara Sauce with or without Meatballs D or V - Bagel & Cream Cheese D w/ Yogurt & Cheese Stick D Roasted Zucchini Fresh Apple	20 TACO SALAD BAR Add Your Toppings! Vegetarian Options Available Chili Bean Soup Bread Choice Seasonal Fresh Fruit	21 <div style="text-align: center; font-weight: bold; font-size: 1.2em;">Rosh Hashanah No School</div>	22 V - Cheese Pizza D Plain or Assorted Toppings or Sandwich Choice Three Bean Salad Mixed Fruit Cup
25 V - Toasted Cheese Sandwich D w/ or w/out Tomato or V - Yogurt & Granola Bowl D w/ Choice of Fruit Tomato Soup w/ Saltines Seasonal Fresh Fruit  <div style="border: 1px solid black; padding: 2px; background-color: #90ee90; display: inline-block;">Meatless Monday!</div>	26 V - Mini Cheese Ravioli D,E w/ Marinara Sauce Warm Bread Stick or V - Bagel & Cream Cheese D w/ Yogurt & Cheese Stick D Chopped Romaine Salad Sliced Peaches	27 SALAD BAR Make Your Own! Chicken Minestrone Soup D Bread Choice Mandarin Oranges	28 All White Meat Chicken Tenders Mashed Potato D & Gravy D Dinner Roll or V - Peanut Butter & Jelly SW & Cheese Stick D Steamed Corn Applesauce  	29 V - Cheese Pizza D Plain or Assorted Toppings or Sandwich Choice Roasted Chick Peas Fresh Apple

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: E = contains egg; D = contains milk/dairy; V = vegetarian option

**\*Menu Subject to Change Without Notice**