



West Hartford Middle Schools - August / September 2017



Monday	Tuesday	Wednesday	Thursday	Friday
<p>29</p> <p style="background-color: #f4a460; padding: 5px;">All hot lunches are Nut Free and Trans Fat Free!</p> <p style="background-color: #90ee90; padding: 5px;">Seasonal Fresh Fruit is available daily with all meals!</p>	<p>30</p> <p style="background-color: #008000; color: white; padding: 5px;">Milk Choices include low fat & fat free flavored or unflavored milk</p> <p style="background-color: #ffff00; padding: 5px;">This institution is an equal opportunity provider</p>	<p>31</p> <p>French Toast Sticks D,E Sausage Patty Butternut Squash Orange Wedges</p>	<p>1</p> <p>All White Meat Chicken Tenders Carrot Sticks w/ Dip Raisins Dinner Roll</p>	<p>1</p> <p>French Bread Pizza D Fresh Steamed Spinach Fresh Apple</p>
<p>4</p> <div style="background-color: #ff0000; color: white; border-radius: 50%; width: 100px; height: 100px; display: flex; align-items: center; justify-content: center; margin: 0 auto;"> <p style="font-size: 2em; font-weight: bold;">LABOR DAY</p> </div>	<p>5</p> <p>All Beef Burger on a Bun w/ or without Cheese D or Veggie Burger on a Bun Crinkle Cut Fries Carrot Sticks Fruit or Juice</p>	<p>6</p> <p>Texas French Toast E Sausage Links Potato Puffs Fresh Apple</p>	<p>7</p> <p>Pasta w/ Meat/Meatless Sauce Marinara Sauce Warm Bread Stick Roasted Zucchini Fruit or Juice</p>	<p>8</p> <p>Jamaican Beef Patty or Corn Dog D,E Roasted Chick Peas Fresh Apple</p>
<p>11</p> <p>Cheese Calzone D & Marinara Sauce Fresh Steamed Spinach Diced Pears</p> <p style="background-color: #90ee90; padding: 5px;">Meatless Monday!</p>	<p>12</p> <p>Nachos Grande w/ Meat and/or Cheese D Lettuce, Salsa, & Sour Cream D Steamed Corn Strawberry Cup</p>	<p>13</p> <p>Mini Maple Pancakes D,E Sausage Patty Hash Brown Potato Orange Wedges</p>	<p>14</p> <p>All White Meat Chicken Tenders Mashed Potato D & Gravy D Fresh Roasted Green Beans Dinner Roll Apple sauce Fruit or Juice</p>	<p>15</p> <p>Stuffed Crust Pizza D Fresh Steamed Spinach Fresh Apple</p>
<p>18</p> <p>Toasted Cheese Sandwich D Tomato Soup w/ Saltines Fruit or Juice</p> <p style="background-color: #90ee90; padding: 5px;">Meatless Monday!</p>	<p>19</p> <p>Mexican Rice Bowl w/ Chicken & Veggies w/ Salsa Dinner Roll Spicy Black Beans Mandarin Oranges</p>	<p>20</p> <p>Mini Maple Pancakes D,E Sausage Patty Potato Puffs Fruit or Juice</p>	<p>21</p> <p style="text-align: center; font-weight: bold;">Rosh Hashanah No School</p>	<p>22</p> <p>Personal Pizza D Chopped Romaine Salad Mixed Fruit Cup</p>
<p>25</p> <p>Mozzarella Sticks D w/ Marinara Dipping Sauce French Bread Stick Roasted Chick Peas Fresh Apple</p> <p style="background-color: #90ee90; padding: 5px;">Meatless Monday!</p>	<p>26</p> <p>Baked Meatloaf D Mashed Potato D & Gravy D Dinner Roll Steamed Corn Fruit or Juice</p>	<p>27</p> <p>Texas French Toast E Sausage Patty Potato Puffs Fruit or Juice</p>	<p>28</p> <p>Pasta w/ Meat/Meatless Sauce Marinara Sauce Warm Bread Stick Sauteed Spinach Fruit or Juice</p>	<p>29</p> <p>French Bread Pizza D Pasta Vegetable Salad E Celery Sticks w/ Dip Baby Carrots Fruit or Juice</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