



West Hartford Middle Schools - August / September 2018

This institution is an equal opportunity provider

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="background-color: #e0ffff; padding: 5px;">Milk Choices offered daily include low fat & fat free flavored or unflavored milk</p> <p style="background-color: #ffff00; padding: 5px;">Seasonal Fresh Fruit is available daily with all meals!</p>		<p>29</p> <p>Breaded Chicken Filet on a Soft Kaiser Roll Garden Salad Fresh Apple</p>	<p>30</p> <p>BBQ Beef Rib on a Bun D or Corn Dog E, D Three Bean Salad Fruit or Juice</p>	<p>31</p> <p>All White Meat Chicken Tenders Dinner Roll Carrot Sticks Mixed Fruit Cup</p>
<p>3</p> <p style="font-size: 1.2em; font-weight: bold; color: red;">LABOR DAY</p> 	<p>4</p> <p>French Bread Pizza D Pasta Vegetable Salad E Fruit or Juice</p>	<p>5</p> <p>Mini Maple Pancakes E, D Sausage Patty Roasted Butternut Squash Applesauce</p>	<p>6</p> <p>Pasta w/ Meat/Meatless Sauce Warm Bread Stick Spinach Salad Fruit or Juice</p>	<p>7</p> <p>All Beef Burger on a Bun w/ or without Cheese D or Veggie Burger on a Bun Potato Salad E Vegetarian Beans Strawberry Cup</p>
<p>10</p> <p style="font-size: 1.2em; font-weight: bold; color: blue;">No School!!</p>	<p>11</p> <p>Popcorn Chicken D Dinner Roll Carrot Coins Fruit or Juice</p>	<p>12</p> <p>French Toast Sticks E, D Sausage Patty Potato Puffs Mandarin Oranges</p>	<p>13</p> <p>Nachos Grande w/ Meat and/or Cheese D Lettuce, Salsa & Sour Cream D Steamed Corn Fruit or Juice</p>	<p>14</p> <p>Jamaican Beef Patty or Cheese Quesadilla D Three Bean Salad Diced Peaches</p>
<p>17</p> <p>Personal Pizza D Spinach Salad Fresh Apple</p> <p style="color: green; font-weight: bold;">Meatless Monday!</p>	<p>18</p> <p>Breaded Chicken Filet on a Soft Kaiser Roll Carrot Sticks Fruit or Juice</p>	<p>19</p> <p style="font-size: 1.2em; font-weight: bold; color: blue;">No School!!</p>	<p>20</p> <p>Pasta w/ Meat/Meatless Sauce Warm Bread Stick Broccoli Salad E, D Fruit or Juice</p>	<p>21</p> <p>BBQ Beef Rib on a Bun D or Corn Dog E, D Vegetarian Beans Fresh Pear</p>
<p>24</p> <p>Cheese-Stuffed Bread Stick Dunkers D w/ Marinara Dipping Sauce Three Bean Salad Applesauce</p> <p style="color: green; font-weight: bold;">Meatless Monday!</p>	<p>25</p> <p>All White Meat Chicken Tenders Dinner Roll Cole Slaw E Fruit or Juice</p>	<p>26</p> <p>Mini Maple Pancakes E, D Sausage Patty Roasted Butternut Squash Fresh Apple</p>	<p>27</p> <p>Nachos Grande w/ Meat and/or Cheese D Lettuce, Salsa & Sour Cream D Steamed Corn Fruit or Juice</p>	<p>28</p> <p>Stuffed Crust Pizza D w/ Veggie Toppings Fresh Steamed Spinach Mixed Fruit Cup</p>

Food allergy information: All hot meals are peanut and tree nut free and Trans Fat Free; most meals contain soy, wheat and gluten - Please contact Tim Proinski, 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**