


West Hartford Elementary School Menu - January 2019

Monday	Tuesday	Wednesday	Thursday	Friday
		2 Breaded Chicken Patty on a Bun or V- Peanut Butter & Jelly Sandwich with Cheese Stick D Steamed Corn Assorted Fresh Fruits & Vegetables	3 Beef Burger on a Bun with or without Cheese D or V- Veggie Burger on a Bun Lettuce & Tomato Vegetarian Beans Assorted Fresh Fruits & Vegetables	4 V- Cheese Pizza D Plain or Assorted Toppings Roasted Chick Peas or V- Bagel & Cream Cheese D with Yogurt & Cheese Stick D Assorted Fresh Fruits & Vegetables
7 V- Hot Egg & Cheese Breakfast Sandwich E,D Sweet Potato Sticks or V - Peanut Butter & Jelly Sandwich with Cheese Stick D Assorted Fresh Fruits & Vegetables	8 V- Pasta and Marinara Sauce or Meat Sauce Broccoli Normandy or Turkey on Wheat Bread Assorted Fresh Fruits & Vegetables	9 TACO SALAD BAR Add Your Toppings! Vegetarian Options Available Chili Bean Soup Bread Choice Assorted Fresh Fruits & Vegetables	10  Scratch made Enchilada Bake D Steamed Corn or Tuna Salad Sandwich E Assorted Fresh Fruits & Vegetables	11 Philly Steak Pinwheel D or V- Bagel & Cream Cheese D with Yogurt & Cheese Stick D Baby Carrots with Dip Assorted Fresh Fruits & Vegetables
14 V- Cheese Calzone D with Marinara Sauce Crisp Corn or V- Peanut Butter & Jelly Sandwich with Cheese Stick D Assorted Fresh Fruits & Vegetables	15 V- Cheese Tortellini D with Creamy Marinara Garden Salad Warm Bread Stick or Turkey on Wheat Bread Assorted Fresh Fruits & Vegetables	16  Baked Potato Bar with Taco or Broccoli Topping V- School Made Vegetable Soup Steamed Corn Assorted Fresh Fruits & Vegetables	17  Grilled Chicken on a Kaiser Roll Plain or BBQ Lettuce & Tomato Oven Fries Seasoned Green Beans or Tuna Salad on Wheat E Assorted Fresh Fruits & Vegetables	18 V- Cheese Pizza D Plain or Assorted Toppings Baby Carrots w/ Dip or V- Bagel & Cream Cheese D with Yogurt & Cheese Stick D Assorted Fresh Fruits & Vegetables
21 Martin Luther King Day No School	22  Kicken Chicken Leg and Biscuit Sweet Potato Sticks or V- Peanut Butter & Jelly Sandwich with Cheese Stick D Assorted Fresh Fruits & Vegetables	23  V- Mac & Trees D (Macaroni & Cheese with Broccoli) Vegetable Medley **Snowman Pretzel Treat** or Turkey on Wheat Bread Assorted Fresh Fruits	24 Hot Dog on a Bun Vegetarian Beans or Tuna Salad on Wheat E Lettuce & Tomato Assorted Fresh Fruits & Vegetables	25 V- Cheese Pizza D Plain or Asst Toppings Roasted Chick Peas or V- Bagel & Cream Cheese D with Yogurt & Cheese Stick D Assorted Fresh Fruits & Vegetables
28 V- Stuffed Bread Stick Dunkers D with Marinara Sauce Carrot Coins or V- Peanut Butter & Jelly Sandwich with Cheese Stick D Assorted Fresh Fruits & Vegetables	29 V- Pasta and Marinara Sauce with or without Meatballs D Seasoned Green Beans or Turkey on Wheat Bread Assorted Fresh Fruits & Vegetables	30 Chicken & Waffle Sandwich E,D Roasted Red Potatoes Steamed Corn or V- Peanut Butter & Jelly Sandwich with Cheese Stick D Assorted Fresh Fruits & Vegetables	31 Sweet & Sour Chicken Steamed Brown Rice Fortune Cookie Asian Mix Vegetables or Tuna Salad on Wheat E Assorted Fresh Fruits & Vegetables	<div style="border: 1px solid black; padding: 5px; background-color: #e0f0ff;">Milk Choices offered daily include low fat & fat free unflavored or flavored milk</div> This institution is an equal opportunity provider

Food allergy information: All hot meals are peanut, tree nut free and Trans fat 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**