



## Hartford Public Schools' Elementary Menu January 2010

Daily Alternates	Monday	Tuesday	Wednesday	Thursday	Friday
We serve healthy choices and whole grains daily <span style="float: right;">Hartford Schools' menu is Pork Free</span>					
Bagel/Yogurt Plate OR Chef Salad OR Tuna Sandwich	4	Meatloaf/ Gravy Rice Green Peas Choice of Fruit Low Fat Milk	6 <span style="color: red; font-weight: bold; font-size: 1.2em;"><u>Three Kings Day</u></span>  <span style="color: red; font-weight: bold; font-size: 1.2em;">No School</span>	Beef Rib B Que on a Whole Grain Roll Veg Sticks and Dip Fruit Juice Choice of Fruit Low Fat Milk	8
Bagel/Yogurt Plate OR Chef Salad OR Turkey Sandwich	11	Pasta with Meat sauce or Meatballs Whole Grain Bread Stick Mixed Vegetables Choice of Fruit Low Fat Milk	13 Sliced Turkey with Gravy Mashed Potatoes Green Beans Dinner Roll Choice of Fruit Low Fat Milk	Quesadilla Tossed Salad Choice of fruit Low Fat Milk Elf Grahams Treat	15 <span style="color: red; font-weight: bold; font-size: 1.2em;"><u>M.L. King's Birthday</u></span> Baked Breaded Chicken Sweet Potato Fries Hot Fresh Vegetable Dinner Roll Choice of Fruit Low Fat Milk
Bagel/Yogurt Plate OR Chef Salad OR Ham Sandwich	18 <span style="color: red; font-weight: bold; font-size: 1.2em;"><u>Martin Luther King's Holiday</u></span>  <span style="color: red; font-weight: bold; font-size: 1.2em;">No School</span>	Galaxy Cheese Pizza Fruit Juice Choice of Fruit Low Fat Milk Bug Bites Treat	20 Sloppy Joe on a Whole Grain Roll Vegetable Sticks/Dip Choice of Fruit Low Fat Milk	Popcorn Chicken Potato Rounds Hot Fresh Vegetable Choice of fruit Low Fat Milk	22
Bagel/Yogurt Plate OR Chef Salad OR Turkey Sandwich	25	Baked Chicken Corn Muffin Peas and Carrots Choice of fruit Low Fat Milk	27 Stuffed Chicken Thigh Dinner Roll Butternut Squash Choice of Fruit Low Fat Milk	Meatball Grinder Tossed Salad Choice of fruit Low Fat Milk Elf Graham Treat	29
		Jamaican Beef Patty or Teriyaki Beef Dippers Coco Bread Fruit Juice Choice of fruit Low Fat Milk		Cheeseburger or Vegetarian Patty on a Whole Grain Roll Corn Choice of fruit Low Fat Milk	