

# HASD Elementary Lunch Menu December 2016

Food Service Directors:  
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## What Makes a Meal?

You must choose at least 3 of 5 components available for the school lunch price.

Choice of Meat or Meat Alternate  
Choice of Vegetable, Choice of Fruit\*  
Choice of Grain/Bread,  
and Choice of Milk

\*Students must choose at least one fruit or vegetable



## Fresh Fruits and Vegetables Offered Daily

\*Vegetables may include:

Broccoli Florets  
Baby Carrots  
Dark Leafy Greens  
Legume Salads  
Celery & Cucumber

\*May choose two 1/2 cup servings

\*Fruits may include:

Crisp Apple  
Sliced Peaches  
Mixed Fruit  
Fresh Orange  
Banana  
Pineapple Tidbits  
Diced Pears  
Applesauce  
\*May choose one 1/2 cup serving

**MENUS SUBJECT TO CHANGE**



## Milk Choices Offered Daily

Fat Free Chocolate, Fat Free Strawberry,  
Fat Free Vanilla, Fat Free White and  
Low Fat White



Whole Grains Available Daily

The School District does not discriminate on the basis of age, race, color, national or ethnic origin, sex or handicap in employment practices or in administration of any of its education programs and activities in accordance with applicable federal statutes and regulations. EOE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Weekly Choices
			12/1 Pizza Pasta Bake 42 Garden Romaine Salad 2 Chilled Pears 14 Fat Free Milk	12/2 Grilled Chicken Caesar Wrap 32 French Fries 20 Mixed Fruit 14 Fat Free Milk	Week 1  Chef Salad with Bread 35  <b>Munchable : Nacho 48</b>
12/5 Grilled Cheese 34 with Tomato Soup 20 Green Beans 4.5 Mixed Fruit 14 Fat Free Milk	12/6 French Toast Sticks 35 Sausage Patty 2 Potato Round 19 Apple Slices 14 Fat Free Milk	12/7 Sweet and Sour Chicken over Rice 41 Golden Corn 15 Chilled Peaches 14 Fat Free Milk	12/8 Meatball Hoagie 33 Steamed Broccoli 2 Chilled Pears 14 Fat Free Milk	12/9 Macaroni and Cheese with Bread Slice 43 Stewed Tomatoes 25 Applesauce 12 Fat Free Milk	Week 2  Chef Salad with Bread 35  <b>Munchable: Build your own pizza 44</b>
12/12 Chicken and Cheese Quesadilla 36 Baked Beans 28 Chilled Pears 14 Fat Free Milk	12/13 Italian Dunkers 39 Carrot Coins 4 Chilled Peaches 14 Fat Free Milk	12/14 Pasta with Meat Sauce Bread Slice 50 Garden Romaine Salad 2 Applesauce 12 Fat Free Milk  <b>Fort Allen Wellness Wednesday</b>	12/15 Cheeseburger 28 Cole Slaw 8 Pears 14 Fat Free Milk	12/15 Fish Sandwich 42 French Fries 20 Mixed Fruit 14 Fat Free Milk	Week 3  Chef Salad with Bread 35  <b>Munchable : Ham and Cheese 43</b>
12/19 Chicken Parm Sandwich 41 Romaine Salad 2 Mixed fruit 14 Fat Free Milk	12/20 Cheese steak Hoagie 25 Honey Glazed Carrots 11 Applesauce 12 Fat Free Milk	12/21 Popcorn Chicken Bowl with bread slice 63 Corn 15 Chilled Pears 14 Fat Free Milk	12/22 2 Soft Beef Tacos 42 Green Beans 4.5 Chilled Peaches 14 Fat Free Milk	12/23 No School	Week 4  Chef Salad with Bread 35  <b>Munchable : Nacho 48</b>
12/26 No School	12/27 No School	12/28 No School	12/29 No School	<b>Munchables will be offered once a week per building .</b> Type → Building Day ↓	Week 1  Chef Salad with Bread 35
<b>Monday</b> Hamburger on a Bun with Tomato and Lettuce 27  WESTPOINT Munchables	<b>Tuesday</b> Crispy Chicken Nuggets with Bread Slice 26  MAXWELL Munchables	<b>Wednesday</b> Corn Dog Nuggets 31  FORTALLEN Munchables	<b>Thursday</b> Chicken Bites with bread slice 26  W.HEMPFIELD Munchables	<b>Friday</b> Cheese Pizza 41  STANWOOD Munchables	<b>Lunch Prices:</b> Paid \$2.40 Reduced \$.40