

HASD Elementary Lunch Menu March 2017

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Weekly Choices
		3/1 Italian Dunkers 39 Carrot Coins 4 Chilled Peaches 14 Fat Free Milk	3/2 Pasta with Meat sauce Bread Slice 50 Garden Romaine Salad 2 Applesauce 12 Fate Free Milk	3/3 Fish Sticks with Bread Slice 22 French Fries 20 Mandarin Oranges 17 Fat Free Milk	Week 1 Chef Salad with Bread Munchable: Nacho 48
3/6 BBQ Rib on a Bun 34 Steamed Broccoli 2 Chilled Peaches 14 Fat Free Milk	3/7 French Toast Sticks 35 Sausage Links Potato Round 19 Mandarin Oranges 17 Fat Free Milk	3/8 Meatball Hoagie 33 Garden Romaine Salad 2 Mixed Fruit 14 Fat Free Milk	3/9 Walking Tacos 43 Golden Corn 15 Chilled Peaches 14 Fat Free Milk	3/10 Macaroni and Cheese with Bread Slice 43 Stewed Tomatoes 25 Applesauce 12 Fat Free Milk	Week 2 Chef Salad with Bread Munchable : Build your own pizza 44
3/13 Grilled Cheese 34 with Tomato Soup 20 Green Beans 4.5 Mandarin Oranges 17 Fat Free Milk	3/14 Pizza Burger 29 Roasted Sweet Potatoes 17 Cinnamon Apple Slices 12 Fat Free Milk	3/15 Sweet n Sour Chicken over Rice 41 Steamed Peas 10 Chilled Peaches 14 Fat Free Milk	3/16 Pasta with Meat sauce Bread Slice 50 Garden Romaine Salad 2 Applesauce 12 Fat Free Milk	3/17 Broccoli and Cheese Baked Potato with bread slice 70 Steamed Broccoli 2 Mixed Fruit 14 Fat Free Milk Happy St Patrick's Day	Week 3 Chef Salad with Bread Munchable : Ham and Cheese 43
3/20 Salisbury Steak and Gravy 36 over Egg Noodles Steamed Broccoli 2 Diced Pear 14 Fat Free Milk	3/21 Hot Dog on a Bun 24 Baked Beans 28 Pineapple Tidbits 19 Fat Free Milk	3/22 Chicken Patty Sandwich 40 Green Beans 4.5 Mandarin Oranges 17 Fat Free Milk	3/23 2 Soft Beef Tacos 42 Golden Corn 15 Chilled Peaches 14 Fat Free Milk	3/24 Macaroni and Cheese with Bread Slice 43 Stewed Tomatoes 25 Applesauce 12 Fat Free Milk	Week 4 Chef Salad with Bread Munchable: Nacho 48
3/27 Sausage, Egg and Cheese Breakfast Sandwich 35 Tator Tots 19 Mixed Fruit 14 Fat Free Milk	3/28 Corn Dog on a Stick 27 Carrot Coins 4 Applesauce 12 Fat Free Milk National Corn Dog on a Stick Day	3/29 Popcorn Chicken Bowl with Bread Slice 63 Golden Corn 15 Chilled Peaches 14 Fat Free Milk	3/30 Chicken and Cheese Quesadilla 36 Steamed Broccoli 4 Chilled Pears 14 Fat Free Milk	3/31 Fish Sticks with bread Slice 22 Green Beans 4.5 Pineapple Tidbits 19 Fat Free Milk	Week 1 Chef Salad with Bread Munchable : Build your own pizza 44
Monday Hamburger on a Bun with Tomato and Lettuce 27 WESTPOINT Munchables	Tuesday Crispy Chicken Nuggets with Bread Slice 25 MAXWELL Munchables	Wednesday Corn Dog Nuggets 31 FORTALLEN Munchables	Thursday Turkey and Cheese Hoagie 25 W.HEMPFIELD Munchables	Friday Cheese Pizza 41 STANWOOD Munchables	Lunch Prices: Paid \$2.40 Reduced \$.40

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