

HASD Carb Counted Lunch Menu April 2017



Food Service Directors:
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Food Service Office 724.850.2228

The Grille

Hamburger on a Bun 27g
Cheeseburger on a Bun 28g
Breaded Chicken Sandwich 41g
Spicy Chicken Sandwich 41g

The Garden

Rotating Salad s : Tuna Salad 45g
Chicken Caesar Salad 41g
Chick Pea Salad 61g
Chef Salad Ham 43g

Daily : Egg Chef Salad (no meat) 60g
Breaded Chicken Salad 44g
Spicy Breaded Chicken Salad 43g

The Pizzeria

Rotating Pizzas:
Pierogi e Pizza 47g
White Pizza 45g
Buffalo Chicken Pizza 47g

Daily:
Peperoni Pizza 48g
Cheese Pizza 48g

Options

Monday	Tuesday	Wednesday	Thursday	Friday
4/3 Grilled Chicken Caesar Wrap 32 Carrot Coins 4 Mixed Fruit 14 Fat Free Milk	4/4 BBQ Rib on a Bun 50 Broccoli (Vit C rich) 2 Mandarin Oranges (Vit C rich) 17 Fat Free Milk	4/5 Pasta with Meat Sauce Bread Slice 50 Garden Romaine Salad 2 Applesauce 12 Fat Free Milk	4/6 Sweet and Sour Chicken Over Rice 41 Steamed Peas 10 Pineapple Tidbits 19 Fat Free Milk	4/7 Cheese Nacho's Taco Meat With Mini Soft Pretzel 40 Black Bean Salsa 12 Chilled Pears 14 Fat Free Milk
4/10 Double Hot Dog 48 Baked Beans 28 Mixed Fruit 14 Fat Free Milk	4/11 French Toast Sticks 35 Sausage Links 2 Potato Round 19 Mandarin Oranges 17 Fat Free Milk	4/12 Grilled Cheese 34 with Tomato Soup 20 Green Beans 4.5 Applesauce 12 Fat Free Milk	4/13 No School	4/14 No School
4/17 No School	4/18 Italian Dunkers 39 Roasted Sweet Potatoes 17 Chilled Pears 14 Fat Free Milk	4/19 Turkey Turnover Mashed Potatoes and Gravy 13 Chilled Peaches 14 Fat Free Milk	4/20 Pizza Pasta Bake 25 With Bread Slice Steamed Broccoli 2 Mixed Fruit 14 Fat Free Milk	4/21 Fish Sandwich 42 Green Beans 4.5 Pineapple Tidbits 19 Fat Free Milk
4/23 Breaded Pork Patty over Noodles with Gravy 40 Green Beans 4.5 Chilled Peaches 14 Fat Free Milk	4/24 Fiestada Mexican Pizza 39 Refried Beans 22 Mandarin Oranges 17 Fat Free Milk	4/25 Steak & Cheese Hoagie 44 peppers and onions Carrot Coins 4 Chilled Pears 14 Fat Free Milk	4/26 Vegetable Lasagna 48 Garden Romine Salad 2 Mixed Fruit 14 Fat Free Milk	4/27 Hot Ham & Cheese on Bun 30 French Fries 20 Mixed Fruit 14 Fat Free Milk
4/30 Buffalo Chicken Dippers 37 With Bread Slice Green Beans 4.5 Applesauce 12 Fat Free Milk				

The Deli

Deli Bar to include:
choice of bread, buns and wraps turkey, Capicola, ham and peppered ham White American cheese, Provolone/Mozzarella cheese and Cheddar cheese along with garden fresh toppings

Accompaniments

*Must take at least one 1/2 cup of fruit or vegetable

*Vegetable Bar may include:

Broccoli Florets
Baby Carrots
Dark Leafy Greens
Legume s
Celery & Cucumber
Cherry Tomatoes

*Fruits may include:

Crisp Apple
Diced Peaches
Mixed Fruit
Fresh Orange
Banana
Pineapple Tidbits
Diced Pears
Applesauce
Mandarin Oranges

Milk

Milk Choices Offered Daily:
1% white, non-fat white, non-fat flavored

Proud to manage your food service program

Lunch Prices: Paid \$2.65 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



MENUS SUBJECT TO CHANGE