

HASD Carb Counted Lunch Menu January 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
1/2 No School	1/3 BBQ Rib on a Bun 50 Green Beans 4.5 Chilled Pears 14 Fat Free Milk	1/4 Pasta with meat Sauce 50 Garden Romaine Salad 2 Mixed Fruit 14 Fat Free Milk	1/5 Chicken Fajita on Soft Shell 45 Roasted Sweet Potatoes 17 Apple Sauce 12 Fat Free Milk	1/6 Fish Sticks with Bread Slice 22 French Fries 20 Chilled Peaches 14 Fat Free Milk
1/9 Double Hot Dog 48 Baked Beans 28 Apple Sauce 12 Fat Free Milk	1/10 Crunchy Chicken Tacos 30 Green Beans 4.5 Chilled Peaches 14 Fat Free Milk	1/11 Salisbury Steak with Gravy over Egg Noodles 20 Steamed Broccoli 2 Chilled Pears 14 Fat Free Milk	1/12 Breakfast Sandwich 35 Potato Rounds 19 Apple Slices 14 Fat Free Milk	1/13 Macaroni and Cheese With bread slice 43 Stewed Tomatoes 25 Mixed Fruit 14 Fat Free Milk
1/16 No School	1/17 No School	1/18 Popcorn Chicken Bowl with Bread Slice 63 Golden Corn 15 Chilled Peaches 14 Fat Free Milk	1/19 Walking Tacos With Bread Slice 43 Black Beans 16 Mixed Fruit 14 Fat Free Milk	1/20 Grilled Cheese 34 with Tomato Soup 20 Green Beans 4.5 Apple Sauce 12 Fat Free Milk
1/23 Buffalo Chicken Dippers with Bread Slice 37 Green Beans 4.5 Chilled Pears 14 Fat Free Milk	1/24 Fiestada Mexican Pizza 39 Carrot Coins 4 Apple Sauce 12 Fat Free Milk	1/25 Ham and Potato Soup 60 Steamed Peas 10 Chilled Peaches 14 Fat Free Milk	1/26 Steak Cheese Hoagie 44 French Fries 20 Mixed Fruit 14 Fat Free Milk	1/27 General Tso Popcorn Chicken over Rice 34 Steamed Broccoli 2 Apple Slices 14 Fat Free Milk
1/30 Italian Dunkers 39 Green Beans 4.5 Sliced Apples 14 Fat Free Milk	1/31 Breaded Chicken Parm with Pasta 63 Garden Romaine Salad 2 Chilled Pears 14 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