

HASD Elementary Lunch Menu April 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
4/3 Grilled Chicken Caesar Wrap 32 Carrot Coins 4 Mixed Fruit 14 Fat Free Milk	4/4 BBQ Rib on a Bun 34 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 	Week 1 Chef Salad with Bread Munchable: Nacho 48
4/10 Hot Dog on a Bun 24 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 National Grilled Cheese	4/13 No School	4/14 No School	Week 2 Chef Salad with Bread Munchable : Build your own pizza 44
4/17 No School	4/18 Italian Dunkers 39 Roasted Sweet Potatoes 17 Chilled Pears 14 Fat Free Milk	4/19 Open Faced Turkey Sandwich 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 Sticks with Bread Slice 22 Green Beans 4.5 Pineapple Tidbits 19 Fat Free Milk	Week 3 Chef Salad with Bread Munchable : Ham and Cheese 43
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 25 peppers and onions Carrot Coins 4 Chilled Pears 14 Fat Free Milk 	4/26 Chicken Patty Sandwich 39 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	Week 4 Chef Salad with Bread Munchable: Nacho 48
4/30 Buffalo Chicken Dippers 37 With Bread Slice Green Beans 4.5 Applesauce 12 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