

HASD Elementary Lunch Menu January 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
1/2 No School	1/3 BBQ Rib on a Bun 34 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	Week 1 Chef Salad with Bread Munchable : Nacho 48
1/9 Hot Dog 24 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	Week 2 Chef Salad with Bread Munchable: Build your own pizza 44
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	Week 3 Chef Salad with Bread Munchable : Ham and Cheese 43
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 Chicken Patty on a Bun 38 Steamed Peas 10 Chilled Peaches 14 Fat Free Milk	1/26 Steak Cheese Hoagie 25 French Fries 20 Mixed Fruit 14 Fat Free Milk	1/27 Sweet N Sour Popcorn Chicken over Rice 41 Steamed Broccoli 2 Apple Slices 14 Fat Free Milk	Week 4 Chef Salad with Bread Munchable : Nacho 48
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			Munchables will be offered once a week per building . Type → Building Day ↓	Week 1 Chef Salad with Bread
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 Chicken Bites with bread slice 26 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