

HASD Carb Counted Lunch Menu December 2016



Food Service Directors:
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		Monday	Tuesday	Wednesday	Thursday	Friday		
 <p>Hamburger on a Bun 27g Cheeseburger on a Bun 28g Breaded Chicken Sandwich 41g Spicy Chicken Sandwich 41g</p>					12/1 Pizza Pasta Bake 42 Garden Romaine Salad 2 Chilled Pears 14 Fat Free Milk	12/2 Grilled Chicken Caesar Wrap 32 French Fries 20 Mixed Fruit 14 Fat Free Milk	 <p>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</p>	
 <p>Rotating Salad s : Tuna Salad 45g Chicken Caesar Salad 41g Chick Pea Salad 61g Chef Salad Ham 43g</p> <p>Daily : Egg Chef Salad (no meat) 60g Breaded Chicken Salad 44g Spicy Breaded Chicken Salad 43g</p>		12/5 Grilled Cheese 34 with Tomato Soup 20 Green Beans 4.5 Mixed Fruit 14 Fat Free Milk	12/6 French Toast Sticks 35 Sausage Patty 2 Potato Round 19 Apple Slices 14 Fat Free Milk	12/7 Sweet and Spicy BBQ Chicken over Rice 80 Golden Corn 15 Chilled Peaches 14 Fat Free Milk	12/8 Meatball Hoagie 49 Steamed Broccoli 2 Chilled Pears 14 Fat Free Milk	12/9 Macaroni and Cheese with Bread Slice 43 Stewed Tomatoes 25 Applesauce 12 Fat Free Milk	 <p>*Must take at least one 1/2 cup of fruit or vegetable</p> <p>*Vegetable Bar may include: Broccoli Florets Baby Carrots Dark Leafy Greens Legume s Celery & Cucumber Cherry Tomatoes</p> <p>*Fruits may include: Crisp Apple Diced Peaches Mixed Fruit Fresh Orange Banana Pineapple Tidbits Diced Pears Applesauce Mandarin Oranges</p>	
 <p>Rotating Pizzas: Pierogi e Pizza 47g White Pizza 45g Buffalo Chicken Pizza 47g</p> <p>Daily: Peperoni Pizza 48g Cheese Pizza 48g</p>		12/12 Chicken and Cheese Quesadilla 36 Baked Beans 28 Chilled Pears 14 Fat Free Milk	12/13 Italian Dunkers 39 Carrot Coins 4 Chilled Peaches 14 Fat Free Milk	12/14 Pasta with Meat Sauce Bread Slice 50 Garden Romaine Salad 2 Applesauce 12 Fat Free Milk	12/15 Breaded Chicken 9 Corn Bread 20 Cole Slaw 8 Hush Puppies 40 Pears 14 Fat Free Milk	12/15 Fish Sandwich 42 French Fries 20 Mixed Fruit 14 Fat Free Milk	 <p>Milk Choices Offered Daily: 1% white, non-fat white, non-fat flavored</p>	
		12/19 Chicken Parm Sandwich 41 Romaine Salad 2 Mixed fruit 14 Fat Free Milk	12/20 Cheese steak Hoagie 44 Honey Glazed Carrots 11 Applesauce 12 Fat Free Milk	12/21 Popcorn Chicken Bowl with bread slice 63 Corn 15 Chilled Pears 14 Fat Free Milk	12/22 2 Soft Beef Tacos 42 Green Beans 4.5 Chilled Peaches 14 Fat Free Milk	12/23 No School	 <p>Lunch Prices: Paid \$2.65 Reduced \$.40</p> <p>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</p>	
		12/26 No School	12/27 No School	12/28 No School	12/29 No School	12/30 No School	 <p>MENUS SUBJECT TO CHANGE</p>	