

HASD Carb Counted Lunch Menu March 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
		3/1 Italian Dunkers 39 Carrot Coins 4 Chilled Peaches 14 Fat Free Milk	3/2 Pasta with Meat sauce Bread Slice 50 Garden Romaine Salad 2 Applesauce 12 Fate Free Milk	3/3 Fish Sandwich 42 French Fries 20 Mandarin Oranges 17 Fat Free Milk
3/6 BBQ Rib on a Bun 50 Steamed Broccoli 2 Chilled Peaches 14 Fat Free Milk	3/7 French Toast Sticks 35 Sausage Links Potato Round 19 Mandarin Oranges 17 Fat Free Milk	3/8 Meatball Hoagie 49 Garden Romaine Salad 2 Mixed Fruit 14 Fat Free Milk	3/9 Walking Tacos 43 Golden Corn 15 Chilled Peaches 14 Fat Free Milk	3/10 Macaroni and Cheese with Bread Slice 43 Stewed Tomatoes 25 Applesauce 12 Fat Free Milk
3/13 Grilled Cheese 34 with Tomato Soup 20 Green Beans 4.5 Mandarin Oranges 17 Fat Free Milk	3/14 Pizza Burger 29 Roasted Sweet Potatoes 17 Cinnamon Apple Slices 12 Fat Free Milk	3/15 Sweet n Sour Chicken over Rice 41 Steamed Peas 10 Chilled Peaches 14 Fat Free Milk	3/16 Pasta with Meat sauce Bread Slice 50 Garden Romaine Salad 2 Applesauce 12 Fat Free Milk	3/17 Baked Potato Bar with bread slice ~70 Steamed Broccoli 2 Mixed Fruit 14 Fat Free Milk
3/20 Salisbury Steak and Gravy 36 over Egg Noodles Steamed Broccoli 2 Diced Pear 14 Fat Free Milk	3/21 Double Hot Dog 48 Baked Beans 28 Pineapple Tidbits 19 Fat Free Milk	3/22 Chicken Patty Sandwich 40 Green Beans 4.5 Mandarin Oranges 17 Fat Free Milk	3/23 2 Soft Beef Tacos 42 Golden Corn 15 Chilled Peaches 14 Fat Free Milk	3/24 Macaroni and Cheese with Bread Slice 43 Stewed Tomatoes 25 Applesauce 12 Fat Free Milk
3/27 Sausage, Egg and Cheese Breakfast Sandwich 35 Tator Tots 19 Mixed Fruit 14 Fat Free Milk	3/28 Corn Dog on a Stick 27 Carrot Coins 4 Applesauce 12 Fat Free Milk National Corn Dog on a Stick Day	3/29 Popcorn Chicken Bowl with Bread Slice 63 Golden Corn 15 Chilled Peaches 14 Fat Free Milk	3/30 Chicken and Cheese Quesadilla 36 Steamed Broccoli 4 Chilled Pears 14 Fat Free Milk	3/31 Fish Sandwich 42 Green Beans 4.5 Pineapple Tidbits 19 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

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MENUS SUBJECT TO CHANGE