



West Hartford Elementary Schools Menu - April 2019

Monday	Tuesday	Wednesday	Thursday	Friday
1 April Fools Chicken Smiles Carrot Coins or V- Peanut Butter & Jelly Sandwich with Cheese Stick D Assorted Fresh Fruits & Vegetables	2 V- Pasta with Marinara Sauce with or without Meatballs D or Turkey on Wheat Bread Seasoned Green Beans Assorted Fresh Fruits & Vegetables	3 Chicken & Waffles Sandwich E,D Seasoned Potato Wedges Steamed Corn or V- Peanut Butter & Jelly Sandwich with Cheese Stick D Assorted Fresh Fruits & Vegetables	4 Beef Burger on a Bun with or without Cheese D or V- Veggie Burger on a Bun Lettuce & Tomato Vegetarian Beans or V-Bagel & Cream Cheese D with Yogurt & Cheese Stick D Assorted Fresh Fruits & Vegetables	5 V- Cheese Pizza D Plain or Assorted Toppings Roasted Chick Peas or V- Peanut Butter & Jelly Sandwich with Cheese Stick D Assorted Fresh Fruits & Vegetables
8 	9 Spring Recess !!!			12 
15 V- Stuffed Bread Stick Dunkers D with Marinara Sauce Steamed Corn or V- Peanut Butter & Jelly Sandwich with Cheese Stick D Assorted Fresh Fruits & Vegetables	16 V- Mac & Trees (Macaroni & Cheese with Broccoli) Roasted Zucchini Dinner Roll or Turkey on Wheat Bread Assorted Fresh Fruits & Vegetables	17 SALAD BAR Make Your Own! Chicken Noodle Soup Bread Choice Assorted Fresh Fruits & Vegetables	18 Sweet & Sour Chicken Steamed Brown Rice Asian Mix Vegetables or V- Bagel & Cream Cheese D with Yogurt & Cheese Stick D Assorted Fresh Fruits & Vegetables	19 Good Friday No School
22 Mini Maple Pancakes E,D Sausage Patty Potato Puffs or V- Peanut Butter & Jelly Sandwich with Cheese Stick D Assorted Fresh Fruits & Vegetables	23 V- Mozzarella Sticks D with Marinara Sauce Warm Bread Stick Carrot Coins or Turkey on Wheat Bread Icy Fruit Treat Assorted Fresh Fruits & Vegetables	24 Hot Dog on a Bun Sweet Potato Sticks or Tuna Salad on Wheat E Assorted Fresh Fruits & Vegetables	25 BBQ Chicken Leg Seasoned Potato Wedges Steamed Corn or V- Bagel & Cream Cheese D with Yogurt & Cheese Stick D Applesauce Assorted Fresh Fruits & Vegetables	26 V- Cheese Pizza D Plain or Assorted Toppings Garden Salad or V- Peanut Butter & Jelly Sandwich with Cheese Stick D Assorted Fresh Fruits & Vegetables
29 V- Cheese Calzone D with Marinara Sauce Crisp Corn or V - Peanut Butter & Jelly Sandwich with Cheese Stick D Assorted Fresh Fruits & Vegetables	30 V- Pasta with Marinara Sauce with or without Meatballs D or Turkey on Wheat Bread Seasoned Green Beans Assorted Fresh Fruits & Vegetables	Milk Choices offered daily include low fat & fat free unflavored or flavored milk	Breakfast Available Daily Includes: Choice of whole grain & lean protein Fruit (fresh, dried or 100% Juice) Lowfat or fat free milk	Breakfast price \$1.25 Students approved for free or reduced meals are automatically approved for breakfast. This institution is an equal opportunity provider

Food allergy information: All hot meals are peanut, tree nut free and Trans fat Free; most meals contain soy, wheat and gluten - Please contact Tim Prosiniski, Food Service Director at (860) 561-6610 to discuss an alternate meal plan for your child. Key: E = contains egg; D = contains milk/dairy; V = vegetarian option

*Menu Subject to Change Without Notice