

# Hall High School Menu - January 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	1 	2 French Toast Sticks E,D Sausage Patty Potato Puffs Roasted Butternut Squash Warm Cinnamon Apples Assorted Fresh Fruits & Vegetables	3 Street Taco Pork Carnita or Chicken Lettuce, Salsa & Sour Cream D Black Bean & Corn Salad Cole Slaw E Assorted Fresh Fruits & Vegetables	4 Stuffed Crust Pizza Wedge D Plain or Assorted Toppings Carrot Sticks w/ Dip Assorted Fresh Fruits & Vegetables
7 Toasted Cheese Sandwich D Tomato Soup with Saltines Spicy Fries Fresh Steamed Broccoli Mixed Fruit Cup Assorted Fresh Fruits & Vegetables	8 Mandarin Orange Chicken over Brown Rice Vegetable Medley Fortune Cookie Mandarin Oranges Assorted Fresh Fruits & Vegetables	9 Pasta with or without Meatballs D Shredded Cheese D Fresh Steamed Broccoli Garlic Roll Spinach Salad Mixed Fruit Cup Assorted Fresh Fruits & Vegetables	10 Nachos Grande with Meat and/or Cheese D Lettuce, Salsa & Sour Cream D Refried Beans Crisp Corn Assorted Fresh Fruits & Vegetables	11 School Made Pizza with Assorted Toppings Seasoned Green Beans Applesauce Assorted Fresh Fruits & Vegetables
14 Cheese Calzone D with Marinara Dipping Sauce Spinach Salad Assorted Fresh Fruits & Vegetables	15 Chicken Nuggets Fresh Mashed Potato D & Gravy Carrot Coins Dinner Roll Mixed Fruit Cup Assorted Fresh Fruits & Vegetables	16 Mini Maple Pancakes E,D Hash Brown Potato Sausage Links Roasted Butternut Squash Warm Cinnamon Apples Assorted Fresh Fruits & Vegetables	17 <b>**Exams**</b> <b>Cafeteria Open</b> <b>For Breakfast &amp; Light Lunch</b>	18 <b>**Exams**</b> <b>Cafeteria Open</b> <b>For Breakfast &amp; Light Lunch</b>
21 Martin Luther King Day  No School	22 <b>**Exams**</b> <b>Cafeteria Open</b> <b>For Breakfast &amp; Light Lunch</b>	23 <b>**Exams**</b> <b>Cafeteria Open</b> <b>For Breakfast &amp; Light Lunch</b>	24 Nachos Grande with Meat and/or Cheese D Lettuce, Salsa & Sour Cream D Refried Beans Crisp Corn Assorted Fresh Fruits & Vegetables	25 Stuffed Crust Pizza Wedge D Plain or Assorted Toppings Carrot Coins Mixed Fruit Cup Assorted Fresh Fruits & Vegetables
28 Mozzarella Sticks D with Marinara Dipping Sauce Warm Bread Stick Seasoned Green Beans Assorted Fresh Fruits & Vegetables	29 Popcom Chicken D Mashed Potato D & Gravy D Warm Biscuit E,D Carrot Sticks with Dip Pear Cup Assorted Fresh Fruits & Vegetables	30 French Toast Sticks E,D Sausage Patty Potato Puffs Roasted Butternut Squash Warm Cinnamon Apples Assorted Fresh Fruits & Vegetables	31 Hot Dog on a Bun or Meatloaf Sandwich D Vegetarian Beans Crinkle Cut Fries Cole Slaw E Mixed Fruit Cup Assorted Fresh Fruits & Vegetables	<b>Milk Choices offered daily include low fat &amp; fat free unflavored or flavored milk</b>  This institution is an equal opportunity provider

Food allergy information: All hot meals are peanut and tree nut free and Trans Fat Free; most meals contain soy, wheat and gluten - Please contact Tim Prosinski, Food Service Director at (860)561-6610 to discuss an alternate meal plan for your child. Key: D = contains milk/dairy; E = contains egg; \*Menu Subject to Change Without Notice