





West Hartford Elementary Schools Menu - March 2019

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|--|---|
|  On the 11th, 18th & 25th | <div style="border: 1px solid black; background-color: yellow; padding: 5px; width: fit-content; margin: 0 auto;"> Milk Choices offered daily include low fat & fat free unflavored or flavored milk </div> |  | 1 V-Cheese Pizza D Plain or Assorted Toppings or V-Peanut Butter & Jelly Sandwich with Cheese Stick D Roasted Chick Peas Assorted Fresh Fruits & Vegetables | |
| 4 French Toast Sticks E,D Sausage Patty Sweet Potato Sticks or V-Peanut Butter & Jelly Sandwich with Cheese Stick D Assorted Fresh Fruits & Vegetables | 5 V-Pasta and Marinara Sauce or Meat Sauce Green Bean, Cranberry & Sunflower Seed Salad or Turkey on Wheat Bread Assorted Fresh Fruits & Vegetables | 6 Baked Potato Bar with Taco or Broccoli Topping Steamed Corn or Tuna Salad on Wheat E Assorted Fresh Fruits & Vegetables | 7 Kicken Chicken Leg Plain or BBQ with Rice & Bisquit Black Beans or V-Bagel & Cream Cheese D with Yogurt & Cheese Stick D | 8 V-Cheese Pizza D Plain or Assorted Toppings Baby Carrots w/ Dip or V-Peanut Butter & Jelly Sandwich with Cheese Stick D Assorted Fresh Fruits & Vegetables |
| 11 V-Cheese Calzone D with Marinara Sauce Crisp Corn or V-Peanut Butter & Jelly Sandwich with Cheese Stick D Assorted Fresh Fruits & Vegetables | 12 V-Cheese Tortellini with Creamy Marinara Garden Salad or Turkey on Wheat Bread Assorted Fresh Fruits & Vegetables | 13 SALAD BAR Make Your Own! V-School Made Vegetable Soup Bread Choice Seasonal Fresh Fruit | 14 V-Cheese Pizza D Plain or Assorted Toppings Oven Fries or V-Bagel & Cream Cheese D with Yogurt & Cheese Stick D Assorted Fresh Fruits & Vegetables | 15  Shamrock Chicken Nuggets Seasoned Potato Wedges Baby Carrots w/ Dip or V-Peanut Butter & Jelly Sandwich with Cheese Stick D Assorted Fresh Fruits & Vegetables |
| 18 V-Cheese Quesadilla D Tomato Soup wwith Saltines or V-Peanut Butter & Jelly Sandwich with Cheese Stick D Assorted Fresh Fruits & Vegetables | 19 Pasta with Alfredo Sauce & Roasted Chisken or Turkey on Wheat Bread Fresh Steamed Broccoli Assorted Fresh Fruits & Vegetables | 20 Chicken & Waffle Sandwich E,D Roasted Red Potatoes Steamed Corn or Tuna Salad on Wheat E Assorted Fresh Fruits & Vegetables | 21 Hot Dog on a Bun Confetti Corn Salad or V-Bagel & Cream Cheese D with Yogurt & Cheese Stick D Assorted Fresh Fruits & Vegetables | 22 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 |
| 25 V-Mozzarella Sticks D with Marinara Sauce Warm Bread Stick Carrot Coins or V-Peanut Butter & Jelly Sandwich with Cheese Stick D | 26 V-Mac & Trees (Macaroni & Cheese with Broccoli) Vegetable Medley or Turkey on Wheat Bread Assorted Fresh Fruits & Vegetables | 27 TACO SALAD BAR Add Your Toppings! Vegetarian Options Available Chili Bean Soup Bread Choice Assorted Fresh Fruits & Vegetables | 28 Sweet & Sour Chicken Steamed Brown Rice Asian Mix Vegetables or V-Bagel & Cream Cheese D with Yogurt & Cheese Stick D Assorted Fresh Fruits & Vegetables | 29 V-Cheese Pizza D Plain or Assorted Toppings Baby Carrots w/ Dip or V-Peanut Butter & Jelly Sandwich with Cheese Stick D Assorted Fresh Fruits & Vegetables |
| This institution is an equal opportunity provider | Additional Fresh Fruits & Vegetable choices are offered daily with all meals. | | |  |

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 Prosincki, 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