



# JANUARY 2017

## HARTFORD UNION HIGH SCHOOL

Menu subject to change. Lunch Prices: Student \$2.70; Reduced 40¢; Staff \$3.35. All meals come with milk. Fresh apples offered as a daily fruit choice.

<p>2</p> <p style="text-align: center;"><b>No School Today</b></p>	<p>3</p> <p style="text-align: center;"><b>CAFE FAVS</b></p> <p>Nachos Supreme Taco Meat &amp; Cheese Sauce Mexican Rice Refried Beans Assorted Toppings Pear Slices</p> <p style="text-align: center;"><b>DAILY EATS</b></p> <p>Breaded Chicken Parmesan Tossed Romaine Salad Garlic Parmesan Noodles Garden Green Peas Pear Slices</p> <p style="text-align: center;"><b>GOOD TO GO</b></p> <p>Spicy Chicken Sandwich Cheese Dunkers Chef Salads &amp; Wraps</p>	<p>4</p> <p style="text-align: center;"><b>CAFE FAVS</b></p> <p>Orange Chicken &amp; Egg Roll Vegetable Fried Rice Tossed Romaine Salad Sesame Green Beans Fruit Medley Fortune Cookie</p> <p style="text-align: center;"><b>DAILY EATS</b></p> <p>Brat or Cheddarwurst Tossed Romaine Salad Oven Baked Fries Baked Beans Fruit Medley</p> <p style="text-align: center;"><b>GOOD TO GO</b></p> <p>Sausage Mushroom Pizza Cheese &amp; Pepperoni Pizza Chef Salads &amp; Wraps</p>	<p>5</p> <p style="text-align: center;"><b>CAFE FAVS</b></p> <p>Cinnamon French Toast Sticks Scrambled Eggs Hashbrown Patty Sunset Sip 100% Juice Applesauce Syrup</p> <p style="text-align: center;"><b>DAILY EATS</b></p> <p>Garlic Cheese French Bread Tossed Romaine Salad Assorted Fresh Vegetables Applesauce Raspberry Jello</p> <p style="text-align: center;"><b>GOOD TO GO</b></p> <p>Spicy Chicken Sandwich Cheese Dunkers Chef Salads &amp; Wraps</p>	<p>6</p> <p style="text-align: center;"><b>CAFE FAVS</b></p> <p>Mashed Potato Bowl Chicken &amp; Gravy, Brown Gravy Tossed Romaine Salad Assorted Toppings Peach Slices Fresh Baked Biscuit</p> <p style="text-align: center;"><b>DAILY EATS</b></p> <p>Meatball Sub Tossed Romaine Salad Pesto Pasta Salad Corn Peach Slices</p> <p style="text-align: center;"><b>GOOD TO GO</b></p> <p>Sausage Mushroom Pizza Cheese &amp; Pepperoni Pizza Chef Salads &amp; Wraps</p>
<p>9</p> <p style="text-align: center;"><b>CAFE FAVS</b></p> <p>Chicken Strips Tossed Romaine Salad Country Mixed Vegetables Assorted Fresh Vegetables Pear Slices Dinner Roll</p> <p style="text-align: center;"><b>DAILY EATS</b></p> <p>Chicken Alfredo &amp; Rotini Noodles Tossed Romaine Salad Country Mixed Vegetables Pear Slices Garlic Bread</p> <p style="text-align: center;"><b>GOOD TO GO</b></p> <p>Roasted Veggie Pizza Cheese &amp; Pepperoni Pizza Chef Salads &amp; Wraps</p>	<p>10</p> <p style="text-align: center;"><b>CAFE FAVS</b></p> <p>Taco Bowl Tortilla Chips or Flour Tortilla Cilantro Lime Rice Seasoned Black Beans Assorted Toppings Cinnamon Applesauce</p> <p style="text-align: center;"><b>DAILY EATS</b></p> <p>Teriyaki Chicken Sandwich Tossed Romaine Salad Steamed Rice California Blend Vegetables Cinnamon Applesauce</p> <p style="text-align: center;"><b>GOOD TO GO</b></p> <p>Breaded Chicken Sandwich Cheese Dunkers Chef Salads &amp; Wraps</p>	<p>11</p> <p style="text-align: center;"><b>CAFE FAVS</b></p> <p>Sweet Thai Chili Chicken LoMein Noodles Mandarin Spinach Salad Steamed Broccoli Florets Pineapple Tidbits Fortune Cookie</p> <p style="text-align: center;"><b>DAILY EATS</b></p> <p>Mini Corn Dogs Tossed Romaine Salad Cheesy AuGratin Potatoes Fresh Veg with Beet Sticks  Pineapple Tidbits</p> <p style="text-align: center;"><b>GOOD TO GO</b></p> <p>Roasted Veggie Pizza Cheese &amp; Pepperoni Pizza Chef Salads &amp; Wraps</p>	<p>12</p> <p style="text-align: center;"><b>CAFE FAVS</b></p> <p>Fully Loaded Burger Hamburger or Veggie Burger Assorted Toppings Broccoli Salad Fresh Apple Slices Baked Lays Chip</p> <p style="text-align: center;"><b>DAILY EATS</b></p> <p>Chicken Enchilada Roja Tossed Romaine Salad Seasoned Pinto Beans Corn Fresh Apple Slices</p> <p style="text-align: center;"><b>GOOD TO GO</b></p> <p>Breaded Chicken Sandwich Cheese Dunkers Chef Salads &amp; Wraps</p>	<p>13</p> <p style="text-align: center;"><b>CAFE FAVS</b></p> <p>Pasta Bowl Red Sauce &amp; Alfredo Meatballs Tossed Romaine Salad Applesauce Garlic Parmesan Breadstick</p> <p style="text-align: center;"><b>DAILY EATS</b></p> <p>Philly Cheesesteak Sandwich Tossed Romaine Salad Sweet Potato Fries Applesauce Ice Cream Cup</p> <p style="text-align: center;"><b>GOOD TO GO</b></p> <p>Roasted Veggie Pizza Cheese &amp; Pepperoni Pizza Chef Salads &amp; Wraps</p>
<p>16</p> <p style="text-align: center;"><b>CAFE FAVS</b></p> <p>Reg. or Buffalo Popcorn Chicken Tossed Romaine Salad Roasted Winter Vegetables  Assorted Fresh Vegetables Pear Slices Dinner Roll</p> <p style="text-align: center;"><b>DAILY EATS</b></p> <p>Italian Grilled Cheese &amp; Marinara Tossed Romaine Salad Roasted Winter Vegetables  Garden Green Peas Pear Slices</p> <p style="text-align: center;"><b>GOOD TO GO</b></p> <p>Philly Cheesesteak Pizza Cheese &amp; Pepperoni Pizza Chef Salads &amp; Wraps</p>	<p>17</p> <p style="text-align: center;"><b>CAFE FAVS</b></p> <p>Nachos Supreme Taco Meat &amp; Cheese Sauce Mexican Rice Refried Beans Assorted Toppings Fruit Medley</p> <p style="text-align: center;"><b>DAILY EATS</b></p> <p>Tator Tot Casserole Tossed Romaine Salad Country Mixed Vegetables Fruit Medley Sherbet Cup</p> <p style="text-align: center;"><b>GOOD TO GO</b></p> <p>Spicy Chicken Sandwich Cheese Dunkers Chef Salads &amp; Wraps</p>	<p>18</p> <p style="text-align: center;"><b>EARLY RELEASE DAY</b></p> <div style="border: 1px solid black; padding: 5px; text-align: center; margin: 10px auto; width: fit-content;"> <p><b>Optional Lunch Served at 12:00 in the Cafeteria</b></p> </div> <p>Breaded Chicken Sandwich or PB&amp;J Uncrustable with Fresh Carrots, Applesauce Cup, Veg Juice, String Cheese &amp; Goldfish Crackers</p>	<p>19</p> <p style="text-align: center;"><b>CAFE FAVS</b></p> <p>Warm Cinnamon Roll Assorted Yogurt Sausage Links Breakfast Potatoes Sunset Sip 100% Juice Applesauce</p> <p style="text-align: center;"><b>DAILY EATS</b></p> <p>Hot Dog or Chili Cheese Dog Tossed Romaine Salad Oven Baked Waffle Fries Baked Beans Applesauce</p> <p style="text-align: center;"><b>GOOD TO GO</b></p> <p>Spicy Chicken Sandwich Cheese Dunkers Chef Salads &amp; Wraps</p>	<p>20</p> <p style="text-align: center;"><b>CAFE FAVS</b></p> <p>Mashed Potato Bowl Chicken &amp; Gravy, Brown Gravy Tossed Romaine Salad Assorted Toppings Peach Slices Fresh Baked Biscuit</p> <p style="text-align: center;"><b>DAILY EATS</b></p> <p>Pesto Chicken Flatbread Tossed Romaine Salad Corn Peach Slices Chocolate Pudding</p> <p style="text-align: center;"><b>GOOD TO GO</b></p> <p>Philly Cheesesteak Pizza Cheese &amp; Pepperoni Pizza Chef Salads &amp; Wraps</p>
<p>23</p> <p style="text-align: center;"><b>No School Today</b></p>	<p>24</p> <p style="text-align: center;"><b>CAFE FAVS</b></p> <p>Taco Bowl Tortilla Chips or Flour Tortilla Cilantro Lime Rice Seasoned Black Beans Assorted Toppings Pear Slices</p> <p style="text-align: center;"><b>DAILY EATS</b></p> <p>Pizza Pasta Bake Tossed Romaine Salad Green Beans Pear Slices Garlic Bread</p> <p style="text-align: center;"><b>GOOD TO GO</b></p> <p>Breaded Chicken Sandwich Cheese Dunkers Chef Salads &amp; Wraps</p>	<p>25</p> <p style="text-align: center;"><b>CAFE FAVS</b></p> <p>Kung Pao Chicken LoMein Noodles Mandarin Spinach Salad Steamed Broccoli Florets Pineapple Tidbits Fortune Cookie</p> <p style="text-align: center;"><b>DAILY EATS</b></p> <p>Chicken Cordon Bleu Sandwich Tossed Romaine Salad Steamed Broccoli Florets Tator Tots Pineapple Tidbits</p> <p style="text-align: center;"><b>GOOD TO GO</b></p> <p>Taco Pizza Cheese &amp; Pepperoni Pizza Chef Salads &amp; Wraps</p>	<p>26</p> <p style="text-align: center;"><b>CAFE FAVS</b></p> <p>Fully Loaded Burger Hamburger or Veggie Burger Assorted Toppings Broccoli Salad Peach Slices Baked Lays Chip</p> <p style="text-align: center;"><b>DAILY EATS</b></p> <p>Mini BBQ Chicken Flatbread Tossed Romaine Salad Garden Green Peas Peach Slices Jello</p> <p style="text-align: center;"><b>GOOD TO GO</b></p> <p>Breaded Chicken Sandwich Cheese Dunkers Chef Salads &amp; Wraps</p>	<p>27</p> <p style="text-align: center;"><b>CAFE FAVS</b></p> <p>Pasta Bowl Red Sauce &amp; Alfredo Meatballs Tossed Romaine Salad Applesauce Garlic Parmesan Breadstick</p> <p style="text-align: center;"><b>DAILY EATS</b></p> <p>Italian Sub Sandwich Tossed Romaine Salad Glazed Carrots Italian 3-Bean Salad Applesauce</p> <p style="text-align: center;"><b>GOOD TO GO</b></p> <p>Taco Pizza Cheese &amp; Pepperoni Pizza Chef Salads &amp; Wraps</p>
<p>30</p> <p style="text-align: center;"><b>CAFE FAVS</b></p> <p>Chicken Nuggets Tossed Romaine Salad Roasted Cauliflower Assorted Fresh Vegetables Pear Slices Dinner Roll</p> <p style="text-align: center;"><b>DAILY EATS</b></p> <p>BBQ Pulled Pork Sandwich Tossed Romaine Salad Roasted Cauliflower Assorted Fresh Vegetables Pear Slices</p> <p style="text-align: center;"><b>GOOD TO GO</b></p> <p>Hawaiian Pizza Cheese &amp; Pepperoni Pizza Chef Salads &amp; Wraps</p>	<p>31</p> <p style="text-align: center;"><b>CAFE FAVS</b></p> <p>Nachos Supreme Taco Meat &amp; Cheese Sauce Mexican Rice Refried Beans Assorted Toppings Fruit Cocktail</p> <p style="text-align: center;"><b>DAILY EATS</b></p> <p>Cheeseburger Mac Tossed Romaine Salad Garden Green Peas Fruit Cocktail Soft Breadstick</p> <p style="text-align: center;"><b>GOOD TO GO</b></p> <p>Spicy Chicken Sandwich Cheese Dunkers Chef Salads &amp; Wraps</p>	<div style="background-color: #800000; color: white; padding: 10px; text-align: center;"> <p><i>Harvest of the Month</i></p> <p>January</p> <p><b>BEETS</b></p>   <p><small>http://www.ch.southcoast.edu/2428/Harvest-of-the-Month</small></p> </div>		