


OCTOBER 2025

HARTFORD UNION HIGH SCHOOL

Menu subject to change. Lunch Prices: Student \$3.25, Staff charged per item. All meals come with milk; milk with cold lunch \$0.50. Fresh apples offered as a daily fruit choice.

			1	POTATO BOWL Mashed Potatoes Chicken & Gravy Corn Salad & Sliced Peaches Buttermilk Biscuit Topping Choices: Green Onions, Shred Cheese, Real Bacon Bits DAILY SPECIAL Reg. or Buffalo Popcorn Chicken Tossed Romaine Salad Roasted Cauliflower Peach Slices Sliced Bread GOOD TO GO ENTREE CHOICES: Bacon Cheeseburger Pizza Chef Salads Bento Box Meals SIDES: Side Salad, Veggies, & Fruit	2	BUILD-YOUR-OWN SUB Italian or Turkey Sub Sandwich Potato Chips Fresh Carrots Applesauce Topping Choices: Cheese, Lettuce, Tomatoes, Green Pepper, Onion, Pickle Ozzy's Secret Sauce DAILY SPECIAL Chicken Shawarma Stuffed Pita Tomatoes, Onions, Feta, & Sauce Tossed Romaine Salad Ranch Steak Fries Applesauce GOOD TO GO ENTREE CHOICES: Crispy or Spicy Chicken Sandwich Chef Salads Bento Box Meals SIDES: Side Salad, Veggies, & Fruit	3	PASTA BOWL Macaroni & Cheese Chicken or Shredded Pork Tossed Salad & Peas Pear Slices Garlic Breadstick Topping Choices: Green Onions, Crispy Onions, Cheese, BBQ & Buffalo Sauce DAILY SPECIAL Farmers' Market Salad Homemade Soup Creamy Pasta Salad Fresh Grapes Garlic Breadstick GOOD TO GO ENTREE CHOICES: Bacon Cheeseburger Pizza Chef Salads Bento Box Meals SIDES: Side Salad, Veggies, & Fruit	
	6	No School Today	7	TACO TUESDAY Tortilla Chips or Flour Tortillas Seasoned Beef Cilantro Lime Rice, Black Beans Fresh Apple Slices Topping Choices: Cheese, Lettuce, Guacamole Sour Cream, Pico de Gallo Mild Salsa or Salsa Verde (hot) DAILY SPECIAL Pepperoni Calzone Tossed Romaine Salad Butternut Squash Peas Fresh Apple Slices GOOD TO GO ENTREE CHOICES: Crispy or Spicy Chicken Sandwich Chef Salads Bento Box Meals SIDES: Side Salad, Veggies, & Fruit	8	POTATO BOWL Baked Potato Diced Ham or Ranch Chicken Steamed Broccoli Romaine Salad & Sliced Peaches Soft Pretzel & Cheese Sauce Topping Choices: Green Onions, Shred Cheese, Sour Cream, Real Bacon Bits DAILY SPECIAL Chicken Strips Tossed Romaine Salad Baked Beans Sliced Peaches Dinner Roll GOOD TO GO ENTREE CHOICES: Pizza: Supreme, Chz, Pepperoni Chef Salads Bento Box Meals SIDES: Side Salad, Veggies, & Fruit	9	FULLY LOADED BURGER Hamburger or Veggie Burger Tator Tots Broccoli Salad Applesauce Topping Choices: Bacon, Cheese, Lettuce Tomatoes, Onion, Pickle Ozzy's Secret Sauce DAILY SPECIAL Meatball Sub Tossed Romaine Salad Tator Tots Assorted Fresh Vegetables Applesauce GOOD TO GO ENTREE CHOICES: Crispy or Spicy Chicken Sandwich Chef Salads Bento Box Meals SIDES: Side Salad, Veggies, & Fruit	10
13	14		15	16	17				
13	ASIAN RICE BOWL Orange Chicken with Vegetable Fried Rice and Chicken Egg Roll Sides Include: Stir Fry Mixed Vegetables Fruit Medley Tossed Romaine Salad Fortune Cookie & Sweet Sour DAILY SPECIAL Maple Glazed Chicken & Waffle Sandwich Tossed Romaine Salad Oven Baked French Fries Fruit Medley GOOD TO GO ENTREE CHOICES: Pizza: Hawaiian, Chz, Pepperoni Chef Salads Bento Box Meals SIDES: Side Salad, Veggies, & Fruit	14	TACO TUESDAY Queso Chicken Burrito Bowl with Brown Rice and Tortilla Chips Peppers & Onions, Pinto Beans Fresh Apple Slices Topping Choices: Lettuce, Guacamole Sour Cream, Pico de Gallo Mild Salsa or Salsa Verde (hot) DAILY SPECIAL Creamy Pesto Cavatappi Grilled Chicken Salad & Tuscan Blend Vegetables Fresh Apple Slices Garlic Breadstick GOOD TO GO ENTREE CHOICES: Crispy or Spicy Chicken Sandwich Chef Salads Bento Box Meals SIDES: Side Salad, Veggies, & Fruit	15	POTATO BOWL Mashed Potatoes Chicken & Gravy Corn Salad & Sliced Peaches Buttermilk Biscuit Topping Choices: Green Onions, Shred Cheese, Real Bacon Bits DAILY SPECIAL Scrambled Eggs & French Toast Sticks Rosemary Diced Potatoes Sliced Peaches Juice Box GOOD TO GO ENTREE CHOICES: Pizza: Hawaiian, Chz, Pepperoni Chef Salads Bento Box Meals SIDES: Side Salad, Veggies, & Fruit	16	BUILD-YOUR-OWN SUB Ham or Turkey Sub Sandwich Potato Chips Fresh Carrots Applesauce Topping Choices: Cheese, Lettuce Tomatoes, Onion, Pickle Ozzy's Secret Sauce DAILY SPECIAL Cheese Quesadillas Seasoned Chicken Black Bean & Corn Salad Applesauce Salad, Salsa, & Sour Cream GOOD TO GO ENTREE CHOICES: Crispy or Spicy Chicken Sandwich Chef Salads Bento Box Meals SIDES: Side Salad, Veggies, & Fruit	17	MAC & CHEESE BOWL Macaroni & Cheese Diced Chicken or Shredded Pork Tossed Salad & Peas Pear Slices Garlic Breadstick Topping Choices: Green Onions, Crispy Onions, Cheese, BBQ & Buffalo Sauce DAILY SPECIAL Italian Grilled Cheese & Sauce Tossed Romaine Salad Green Beans Pear Slices Hummus & Pretzels GOOD TO GO ENTREE CHOICES: Pizza: Hawaiian, Chz, Pepperoni Chef Salads Bento Box Meals SIDES: Side Salad, Veggies, & Fruit
20	21	22	23	24					
20	ASIAN NOODLE BOWL Kung Pao Chicken with LoMein Noodles Sides Include: Steamed Broccoli Chopped Salad & Tossed Salad Fruit Medley Fortune Cookie DAILY SPECIAL Pizza Pasta Baked Tossed Romaine Salad Steamed Broccoli Fruit Medley Garlic Breadstick GOOD TO GO ENTREE CHOICES: Pizza: Buffalo, Cheese, Pepperoni Chef Salads Bento Box Meals SIDES: Side Salad, Veggies, & Fruit	21	TACO TUESDAY Tortilla Chips or Flour Tortillas Seasoned Beef Cilantro Lime Rice, Black Beans Fresh Apple Slices Topping Choices: Cheese, Lettuce, Guacamole Sour Cream, Pico de Gallo Mild Salsa or Salsa Verde (hot) DAILY SPECIAL Chili Cheese Dog Tossed Romaine Salad Baked Beans Oven Baked French Fries Fresh Apple Slices GOOD TO GO ENTREE CHOICES: Crispy or Spicy Chicken Sandwich Chef Salads Bento Box Meals SIDES: Side Salad, Veggies, & Fruit	22	POTATO BOWL Sidewinder Potatoes topped with Pulled Pork & Cheese Sauce Tossed Romaine Salad Assorted Fresh Vegetables Sliced Peaches Warm Cinnamon Roll Topping Choices: Green Onions, BBQ Sauce DAILY SPECIAL Chicken Parmesan Sandwich Tossed Romaine Salad Cucumber Tomato Basil Salad Tuscan Blend Vegetables Sliced Peaches GOOD TO GO ENTREE CHOICES: Pizza: Buffalo, Cheese, Pepperoni Chef Salads Bento Box Meals SIDES: Side Salad, Veggies, & Fruit	23	FULLY LOADED BURGER Hamburger or Veggie Burger Tator Tots Broccoli Salad Applesauce Topping Choices: Bacon, Cheese, Lettuce Tomatoes, Onion, Pickle Ozzy's Secret Sauce DAILY SPECIAL Chicken Tinga Tacos Tossed Romaine Salad Mexican Potatoes Elote Corn Salad Applesauce GOOD TO GO ENTREE CHOICES: Crispy or Spicy Chicken Sandwich Chef Salads Bento Box Meals SIDES: Side Salad, Veggies, & Fruit	24	PASTA BOWL Rotini Noodles Spaghetti Sauce (meatless) Creamy Alfredo Sauce Meatballs Green Beans Tossed Romaine Salad Pear Slices Garlic Breadstick DAILY SPECIAL BBQ Chicken Flatbread Tossed Romaine Salad Green Beans Pear Slices Frozen Sorbet Cup GOOD TO GO ENTREE CHOICES: Pizza: Buffalo, Cheese, Pepperoni Chef Salads Bento Box Meals SIDES: Side Salad, Veggies, & Fruit
27	28	29	30	31					
27	ASIAN RICE BOWL Chicken Potstickers with Vegetable Fried Rice and Chicken Egg Roll Sides Include: Stir Fry Mixed Vegetables Fruit Medley Tossed Romaine Salad Fortune Cookie & Sweet Sour DAILY SPECIAL Mini Corn Dogs Tossed Romaine Salad Baked Beans Glazed Carrots Fruit Medley GOOD TO GO ENTREE CHOICES: Bacon Cheeseburger Pizza Chef Salads Bento Box Meals SIDES: Side Salad, Veggies, & Fruit	28	TACO TUESDAY Nachos Supreme Seasoned Beef, Queso Sauce Fiesta Corn Seasoned Pinto Beans Fresh Apple Slices Topping Choices: Guac, Sour Cream, Mild Salsa Pico de Gallo, Salsa Verde (hot) DAILY SPECIAL Cheese Dunkers Marinara Sauce Tossed Romaine Salad Country Mixed Vegetables Fresh Apple Slices GOOD TO GO ENTREE CHOICES: Crispy or Spicy Chicken Sandwich Chef Salads Bento Box Meals SIDES: Side Salad, Veggies, & Fruit	29	POTATO BOWL Mashed Potatoes Chicken & Gravy Corn Salad & Sliced Peaches Buttermilk Biscuit Topping Choices: Green Onions, Shred Cheese, Real Bacon Bits DAILY SPECIAL Reg. or Buffalo Popcorn Chicken Tossed Romaine Salad Roasted Cauliflower Peach Slices Sliced Bread GOOD TO GO ENTREE CHOICES: Bacon Cheeseburger Pizza Chef Salads Bento Box Meals SIDES: Side Salad, Veggies, & Fruit	30	BUILD-YOUR-OWN SUB Italian or Turkey Sub Sandwich Potato Chips Fresh Carrots Applesauce Topping Choices: Cheese, Lettuce, Tomatoes, Green Pepper, Onion, Pickle Ozzy's Secret Sauce DAILY SPECIAL Chicken Shawarma Stuffed Pita Tomatoes, Onions, Feta, & Sauce Tossed Romaine Salad Ranch Steak Fries Applesauce GOOD TO GO ENTREE CHOICES: Crispy or Spicy Chicken Sandwich Chef Salads Bento Box Meals SIDES: Side Salad, Veggies, & Fruit	31	PASTA BOWL Macaroni & Cheese Chicken or Shredded Pork Tossed Salad & Peas Pear Slices Garlic Breadstick Topping Choices: Green Onions, Crispy Onions, Cheese, BBQ & Buffalo Sauce DAILY SPECIAL Farmers' Market Salad Homemade Soup Creamy Pasta Salad Fresh Grapes Garlic Breadstick GOOD TO GO ENTREE CHOICES: Bacon Cheeseburger Pizza Chef Salads Bento Box Meals SIDES: Side Salad, Veggies, & Fruit