



# WEST HARTFORD LUNCH MENU 2022

May 2 - May 31 / High Schools



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Ciabatta Cheese Melt D Tomato Soup Pear Cup Assorted Fresh Fruits &amp; Vegetables</p>	<p>3</p> <p>BBQ Grilled Chicken on a Kaiser Roll Oven Fries Carrot Coins Sliced Peaches Assorted Fresh Fruits &amp; Vegetables</p>	<p>4</p> <p>Meatball Grinder D Pasta Salad E Fresh Orange Wedges Assorted Fresh Fruits &amp; Vegetables</p>	<p>5</p> <p>Nachos Grandes Seasoned Meat or Plant Based Crumbles or Baked Potato w/ Choice of Meat Cheese Sauce D Lettuce, Salsa &amp; Sour Cream D Steamed Corn Rogers Orchards Fresh Fruit Assorted Fresh Fruits &amp; Vegetables</p>	<p>6</p> <p>Burger Bar Beef or Veggie Assorted Toppings D Potato Salad E Applesauce Cup Assorted Fresh Fruits &amp; Vegetables</p>
<p>9</p> <p>Mozzarella Sticks D Marinara Dipping Sauce Vegetable Medley Garlic Texas Toast Pear Cup Assorted Fresh Fruits &amp; Vegetables</p>	<p>10</p> <p>Street Tacos w/ Chicken or Plant Based Crumbles Lettuce, Salsa &amp; Sour Cream D Black Bean &amp; Corn Salad Sliced Peaches Assorted Fresh Fruits &amp; Vegetables</p>	<p>11</p> <p>Pulled Pork Sandwich Cole Slaw E Vegetarian Baked Beans Fresh Orange Wedges Assorted Fresh Fruits &amp; Vegetables</p>	<p>12</p> <p>Pasta with Primavera or Marinara Sauce Three Bean Salad Dinner Roll Rogers Orchards Fresh Fruit Assorted Fresh Fruits &amp; Vegetables</p>	<p>13</p> <p>Popcorn Chicken D Mashed Potato &amp; Gravy D Vegetable Medley Applesauce Cup Assorted Fresh Fruits &amp; Vegetables</p>
<p>16</p> <p>Pizza Wedge D Cheese or Veggie Topping School Made Minestrone Soup Pear Cup Assorted Fresh Fruits &amp; Vegetables</p>	<p>17</p> <p>Nachos Grandes Seasoned Meat or Plant Based Crumbles or Baked Potato w/ Choice of Meat Cheese Sauce D Lettuce, Salsa &amp; Sour Cream D Chilled Corn Salad Sliced Peaches Assorted Fresh Fruits &amp; Vegetables</p>	<p>18</p> <p>French Toast Sticks D,E Chicken Sausage Patty Roasted Candied Carrots Fresh Orange Wedges Assorted Fresh Fruits &amp; Vegetables</p>	<p>19</p> <p>Pasta with Marinara or Meatsauce Roasted Green Beans Dinner Roll Rogers Orchards Fresh Fruit Assorted Fresh Fruits &amp; Vegetables</p>	<p>20</p> <p>Breaded Chicken Filet on a Soft Kaiser Roll Oven Fries Celery &amp; Carrot Sticks Applesauce Cup Assorted Fresh Fruits &amp; Vegetables</p>
<p>23</p> <p>French Bread Pizza D Garlic or Plain Cucumber Salad Pear Cup Assorted Fresh Fruits &amp; Vegetables</p>	<p>24</p> <p>Fajita Rice Bowl w/ Chicken or Plant Based Crumbles Spicy Black Beans Sliced Peaches Assorted Fresh Fruits &amp; Vegetables</p>	<p>25</p> <p>Hot Dog on a Bun Oven Fries Vegetarian Baked Beans Fresh Orange Wedges Assorted Fresh Fruits &amp; Vegetables</p>	<p>26</p> <p>Pasta with Marinara or Cheese Sauce D Roasted Zucchini Dinner Roll Rogers Orchards fresh Fruit Assorted Fresh Fruits &amp; Vegetables</p>	<p>27</p> <p>All White Meat Chicken Tenders Mashed Potato &amp; Gravy D Steamed Corn Applesauce Cup Assorted Fresh Fruits &amp; Vegetables</p>
<p>30</p> <p><b>Memorial Day</b></p>	<p>31</p> <p>Personal Pizza Buffalo Chicken or Cheese D Broccoli Salad E Sliced Peaches Assorted Fresh Fruits &amp; Vegetables</p>	<p><b>Breakfast &amp; Lunch</b></p> <p><b>Free</b></p> <p><b>For ALL Students</b></p> <p><b>2021 - 2022 school year</b></p>	<p>Rogers Orchards "Fine Fruit Grown for Eight Generations" Connecticut Grown Apples</p>	<p>Try Our New Plant Based Crumbles</p> <p>Deeply Rooted Farms</p>

Milk choices offered include low fat & fat free unflavored or flavored milk

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 Prosinski, Food Service Director at (860) 561-6610 or tim\_prosinski@whps.org

to discuss an alternate meal plan for your child.

Key: E = contains egg; D = contains milk/dairy

\*Menu Subject to Change Without Notice