

# SEPTEMBER 2024

## HARTFORD UNION HIGH SCHOOL

Menu subject to change. Lunch Prices: Student \$3.00, Staff charged per item. All meals come with milk; milk with cold lunch \$0.50. Fresh apples offered as a daily fruit choice.

<p><b>ASIAN RICE BOWL</b> Vegetable Potstickers with Vegetable Fried Rice and Chicken Egg Roll <b>Sides Include:</b> Stir Fry Mixed Vegetables Fruit Medley Fortune Cookie Sweet Sour Sauce</p> <p><b>DAILY SPECIAL</b> Mini Corn Dogs Tossed Romaine Salad Baked Beans Glazed Carrots Fruit Medley</p> <p><b>GOOD TO GO</b> <b>ENTREE CHOICES:</b> Bacon Cheeseburger Pizza Chef Salads Bento Box Meals <b>SIDES:</b> Side Salad, Veggies, &amp; Fruit</p>	<p><b>TACO TUESDAY</b> Nachos Supreme Seasoned Beef, Queso Sauce Fiesta Corn Seasoned Pinto Beans Fresh Apple Slices <b>Topping Choices:</b> Guac, Sour Cream, Mild Salsa Pico de Gallo, Salsa Verde (hot)</p> <p><b>DAILY SPECIAL</b> Cheese Dunkers Marinara Sauce Tossed Romaine Salad Country Mixed Vegetables Fresh Apple Slices</p> <p><b>GOOD TO GO</b> <b>ENTREE CHOICES:</b> Crispy or Spicy Chicken Sandwich Chef Salads Bento Box Meals <b>SIDES:</b> Side Salad, Veggies, &amp; Fruit</p>	<p><b>POTATO BOWL</b> Mashed Potatoes Chicken &amp; Gravy Corn Salad &amp; Sliced Peaches Buttermilk Biscuit <b>Topping Choices:</b> Green Onions, Shred Cheese, Real Bacon Bits</p> <p><b>DAILY SPECIAL</b> Reg. or Buffalo Popcorn Chicken Tossed Romaine Salad Roasted Cauliflower Peach Slices Sliced Bread</p> <p><b>GOOD TO GO</b> <b>ENTREE CHOICES:</b> Bacon Cheeseburger Pizza Chef Salads Bento Box Meals <b>SIDES:</b> Side Salad, Veggies, &amp; Fruit</p>	<p><b>BUILD-YOUR-OWN SUB</b> Italian or Turkey Sub Sandwich Potato Chips Fresh Carrots Applesauce <b>Topping Choices:</b> Cheese, Lettuce, Tomatoes, Green Pepper, Onion, Pickle Ozzy's Secret Sauce</p> <p><b>DAILY SPECIAL</b> Farmers' Market Salad Homemade Soup Creamy Pasta Salad Fresh Grapes Garlic Breadstick</p> <p><b>GOOD TO GO</b> <b>ENTREE CHOICES:</b> Crispy or Spicy Chicken Sandwich Chef Salads Bento Box Meals <b>SIDES:</b> Side Salad, Veggies, &amp; Fruit</p>	<p style="text-align: center;"><b>No School Today</b></p>
<p style="text-align: center;"><b>No School Today</b></p>	<p><b>TACO TUESDAY</b> Tortilla Chips or Flour Tortillas Seasoned Beef Cilantro Lime Rice, Black Beans Fresh Apple Slices <b>Topping Choices:</b> Cheese, Lettuce, Guacamole Sour Cream, Pico de Gallo Mild Salsa or Salsa Verde (hot)</p> <p><b>DAILY SPECIAL</b> Pepperoni Calzone Tossed Romaine Salad Country Mixed Vegetables Fresh Apple Slices Frozen Sorbet Cup</p> <p><b>GOOD TO GO</b> <b>ENTREE CHOICES:</b> Crispy or Spicy Chicken Sandwich Chef Salads Bento Box Meals <b>SIDES:</b> Side Salad, Veggies, &amp; Fruit</p>	<p><b>POTATO BOWL</b> Baked Potato Diced Ham or Ranch Chicken Steamed Broccoli Romaine Salad &amp; Sliced Peaches Soft Pretzel &amp; Cheese Sauce <b>Topping Choices:</b> Green Onions, Shred Cheese, Sour Cream, Real Bacon Bits</p> <p><b>DAILY SPECIAL</b> Chicken Strips Tossed Romaine Salad Baked Beans Sliced Peaches Dinner Roll</p> <p><b>GOOD TO GO</b> <b>ENTREE CHOICES:</b> Pizza: Supreme, Chz, Pepperoni Chef Salads Bento Box Meals <b>SIDES:</b> Side Salad, Veggies, &amp; Fruit</p>	<p><b>FULLY LOADED BURGER</b> Hamburger or Veggie Burger Tator Tots Broccoli Salad Applesauce <b>Topping Choices:</b> Bacon, Cheese, Lettuce Tomatoes, Onion, Pickle Ozzy's Secret Sauce</p> <p><b>DAILY SPECIAL</b> Philly Cheesesteak Sub Tossed Romaine Salad Tator Tots Assorted Fresh Vegetables Applesauce</p> <p><b>GOOD TO GO</b> <b>ENTREE CHOICES:</b> Crispy or Spicy Chicken Sandwich Chef Salads Bento Box Meals <b>SIDES:</b> Side Salad, Veggies, &amp; Fruit</p>	<p><b>PASTA BOWL</b> Rotini Noodles Spaghetti Sauce (meatless) Creamy Alfredo Sauce Meatballs Green Beans Tossed Romaine Salad Pear Slices Garlic Breadstick</p> <p><b>DAILY SPECIAL</b> Chicken Drumsticks &amp; Bread Tossed Romaine Salad Mashed Potatoes &amp; Gravy Green Beans Pear Slices</p> <p><b>GOOD TO GO</b> <b>ENTREE CHOICES:</b> Pizza: Supreme, Chz, Pepperoni Chef Salads Bento Box Meals <b>SIDES:</b> Side Salad, Veggies, &amp; Fruit</p>
<p><b>ASIAN RICE BOWL</b> Orange Chicken with Vegetable Fried Rice and Chicken Egg Roll <b>Sides Include:</b> Stir Fry Mixed Vegetables Fruit Medley Fortune Cookie Sweet Sour Sauce</p> <p><b>DAILY SPECIAL</b> Grilled Chicken Parmesan Tossed Romaine Salad Garlic Parmesan Noodles Tuscan Blend Vegetables Fruit Medley</p> <p><b>GOOD TO GO</b> <b>ENTREE CHOICES:</b> Pizza: Hawaiian, Chz, Pepperoni Chef Salads Bento Box Meals <b>SIDES:</b> Side Salad, Veggies, &amp; Fruit</p>	<p style="text-align: center;"><b>Pre-ACT Testing</b> No Seniors today</p> <p><b>TACO TUESDAY</b> Queso Chicken Burrito Bowl with Brown Rice and Tortilla Chips Peppers &amp; Onions, Pinto Beans Fresh Apple Slices <b>Topping Choices:</b> Lettuce, Guac, Salsas, Sour Crm</p> <p><b>DAILY SPECIAL</b> Chicken Tikka Masala &amp; Naan Steamed Rice Tossed Romaine Salad Peas Fresh Apple Slices</p> <p><b>GOOD TO GO</b> <b>ENTREE CHOICES:</b> Crispy or Spicy Chicken Sandwich Chef Salads Bento Box Meals <b>SIDES:</b> Side Salad, Veggies, &amp; Fruit</p>	<p><b>POTATO BOWL</b> Mashed Potatoes Chicken &amp; Gravy Corn Salad &amp; Sliced Peaches Buttermilk Biscuit <b>Topping Choices:</b> Green Onions, Shred Cheese, Real Bacon Bits</p> <p><b>DAILY SPECIAL</b> Scrambled Eggs &amp; French Toast Sticks Rosemary Diced Potatoes Sliced Peaches Juice Box</p> <p><b>GOOD TO GO</b> <b>ENTREE CHOICES:</b> Pizza: Hawaiian, Chz, Pepperoni Chef Salads Bento Box Meals <b>SIDES:</b> Side Salad, Veggies, &amp; Fruit</p>	<p><b>BUILD-YOUR-OWN SUB</b> Ham or Turkey Sub Sandwich Potato Chips Fresh Carrots Applesauce <b>Topping Choices:</b> Cheese, Lettuce Tomatoes, Onion, Pickle Ozzy's Secret Sauce</p> <p><b>DAILY SPECIAL</b> Chicken Tinga Tossed Romaine Salad Mexican Potatoes Elote Corn Salad Applesauce</p> <p><b>GOOD TO GO</b> <b>ENTREE CHOICES:</b> Crispy or Spicy Chicken Sandwich Chef Salads Bento Box Meals <b>SIDES:</b> Side Salad, Veggies, &amp; Fruit</p>	<p><b>MAC &amp; CHEESE BOWL</b> Macaroni &amp; Cheese Diced Chicken or Shredded Pork Tossed Salad &amp; Peas Pear Slices Garlic Breadstick <b>Topping Choices:</b> Green Onions, Crispy Onions, Cheese, BBQ &amp; Buffalo Sauce</p> <p><b>DAILY SPECIAL</b> Italian Grilled Cheese &amp; Sauce Tossed Romaine Salad Green Beans Pear Slices Hummus &amp; Pretzels</p> <p><b>GOOD TO GO</b> <b>ENTREE CHOICES:</b> Pizza: Hawaiian, Chz, Pepperoni Chef Salads Bento Box Meals <b>SIDES:</b> Side Salad, Veggies, &amp; Fruit</p>
<p><b>ASIAN NOODLE BOWL</b> Kung Pao Chicken with LoMein Noodles <b>Sides Include:</b> Steamed Broccoli Asian Chopped Salad Fruit Medley Fortune Cookie</p> <p><b>DAILY SPECIAL</b> Garlic Cheese French Bread Marinara Sauce Tossed Romaine Salad Steamed Broccoli Fruit Medley</p> <p><b>GOOD TO GO</b> <b>ENTREE CHOICES:</b> Pizza: Buffalo, Cheese, Pepperoni Chef Salads Bento Box Meals <b>SIDES:</b> Side Salad, Veggies, &amp; Fruit</p>	<p><b>TACO TUESDAY</b> Tortilla Chips or Flour Tortillas Seasoned Beef Cilantro Lime Rice, Black Beans Fresh Apple Slices <b>Topping Choices:</b> Cheese, Lettuce, Guacamole Sour Cream, Pico de Gallo Mild Salsa or Salsa Verde (hot)</p> <p><b>DAILY SPECIAL</b> Chili Cheese Dog Tossed Romaine Salad Baked Beans Oven Baked French Fries Fresh Apple Slices</p> <p><b>GOOD TO GO</b> <b>ENTREE CHOICES:</b> Crispy or Spicy Chicken Sandwich Chef Salads Bento Box Meals <b>SIDES:</b> Side Salad, Veggies, &amp; Fruit</p>	<p><b>POTATO BOWL</b> Sidewinder Potatoes topped with Pulled Pork &amp; Cheese Sauce Tossed Romaine Salad Assorted Fresh Vegetables Sliced Peaches Warm Cinnamon Roll <b>Topping Choices:</b> Green Onions, BBQ Sauce</p> <p><b>DAILY SPECIAL</b> Chicken Cordon Bleu Sandwich (swiss &amp; canadian bacon) Tossed Romaine Salad Glazed Carrots Sliced Peaches</p> <p><b>GOOD TO GO</b> <b>ENTREE CHOICES:</b> Pizza: Buffalo, Cheese, Pepperoni Chef Salads Bento Box Meals <b>SIDES:</b> Side Salad, Veggies, &amp; Fruit</p>	<p><b>FULLY LOADED BURGER</b> Hamburger or Veggie Burger Tator Tots Broccoli Salad Applesauce <b>Topping Choices:</b> Bacon, Cheese, Lettuce Tomatoes, Onion, Pickle Ozzy's Secret Sauce</p> <p><b>DAILY SPECIAL</b> Cheese Quesadillas Seasoned Chicken Black Bean &amp; Corn Salad Applesauce Salad, Salsa, &amp; Sour Cream</p> <p><b>GOOD TO GO</b> <b>ENTREE CHOICES:</b> Crispy or Spicy Chicken Sandwich Chef Salads Bento Box Meals <b>SIDES:</b> Side Salad, Veggies, &amp; Fruit</p>	<p><b>PASTA BOWL</b> Rotini Noodles Spaghetti Sauce (meatless) Creamy Alfredo Sauce Meatballs Green Beans Tossed Romaine Salad Pear Slices Garlic Breadstick</p> <p><b>DAILY SPECIAL</b> BBQ Chicken Flatbread Tossed Romaine Salad Green Beans Pear Slices Frozen Sorbet Cup</p> <p><b>GOOD TO GO</b> <b>ENTREE CHOICES:</b> Pizza: Buffalo, Cheese, Pepperoni Chef Salads Bento Box Meals <b>SIDES:</b> Side Salad, Veggies, &amp; Fruit</p>
<p style="text-align: center;"><b>No School Today</b></p>	<p><b>TACO TUESDAY</b> Nachos Supreme Seasoned Beef, Queso Sauce Fiesta Corn Seasoned Pinto Beans Fresh Apple Slices <b>Topping Choices:</b> Guac, Sour Cream, Mild Salsa Pico de Gallo, Salsa Verde (hot)</p> <p><b>DAILY SPECIAL</b> Cheese Dunkers Marinara Sauce Tossed Romaine Salad Country Mixed Vegetables Fresh Apple Slices</p> <p><b>GOOD TO GO</b> <b>ENTREE CHOICES:</b> Crispy or Spicy Chicken Sandwich Chef Salads Bento Box Meals <b>SIDES:</b> Side Salad, Veggies, &amp; Fruit</p>	<p><b>POTATO BOWL</b> Mashed Potatoes Chicken &amp; Gravy Corn Salad &amp; Sliced Peaches Buttermilk Biscuit <b>Topping Choices:</b> Green Onions, Shred Cheese, Real Bacon Bits</p> <p><b>DAILY SPECIAL</b> Reg. or Buffalo Popcorn Chicken Tossed Romaine Salad Roasted Cauliflower Peach Slices Sliced Bread</p> <p><b>GOOD TO GO</b> <b>ENTREE CHOICES:</b> Bacon Cheeseburger Pizza Chef Salads Bento Box Meals <b>SIDES:</b> Side Salad, Veggies, &amp; Fruit</p>	<p><b>BUILD-YOUR-OWN SUB</b> Italian or Turkey Sub Sandwich Potato Chips Fresh Carrots Applesauce <b>Topping Choices:</b> Cheese, Lettuce, Tomatoes, Green Pepper, Onion, Pickle Ozzy's Secret Sauce</p> <p><b>DAILY SPECIAL</b> Farmers' Market Salad Homemade Soup Creamy Pasta Salad Fresh Grapes Garlic Breadstick</p> <p><b>GOOD TO GO</b> <b>ENTREE CHOICES:</b> Crispy or Spicy Chicken Sandwich Chef Salads Bento Box Meals <b>SIDES:</b> Side Salad, Veggies, &amp; Fruit</p>	<p><b>PASTA BOWL</b> Macaroni &amp; Cheese Chicken or Shredded Pork Tossed Salad &amp; Peas Pear Slices Garlic Breadstick <b>Topping Choices:</b> Green Onions, Crispy Onions, Cheese, BBQ &amp; Buffalo Sauce</p> <p><b>DAILY SPECIAL</b> Chicken Gyro or Falafel Gyro Tomatoes, Onions, Feta, &amp; Sauce Tossed Romaine Salad Ranch Steak Fries Pear Slices</p> <p><b>GOOD TO GO</b> <b>ENTREE CHOICES:</b> Bacon Cheeseburger Pizza Chef Salads Bento Box Meals <b>SIDES:</b> Side Salad, Veggies, &amp; Fruit</p>