



OCTOBER 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

<p>ASIAN NOODLE BOWL Honey Sriracha Chicken with LoMein Noodles Sides Include: Steamed Broccoli Asian Chopped Salad Fruit Medley Fortune Cookie</p> <p>DAILY SPECIAL Maple Glazed Chicken & Waffle Sandwich Tossed Romaine Salad Oven Baked French Fries Fruit Medley</p> <p>GOOD TO GO ENTREE CHOICES: Pizza: Supreme, Chz, Pepperoni Chef Salads Bento Box Meals</p> <p>SIDES: Side Salad, Veggies, & Fruit</p>	<p>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)</p> <p>DAILY SPECIAL Pepperoni Calzone Tossed Romaine Salad Butternut Squash Italian 3-Bean Salad Fresh Apple Slices</p> <p>GOOD TO GO ENTREE CHOICES: Crispy or Spicy Chicken Chef Salads Bento Box Meals</p> <p>SIDES: Side Salad, Veggies, & Fruit</p>	<p>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</p> <p>DAILY SPECIAL Chicken Strips Tossed Romaine Salad Baked Beans Sliced Peaches Dinner Roll</p> <p>GOOD TO GO ENTREE CHOICES: Pizza: Supreme, Chz, Pepperoni Chef Salads Bento Box Meals</p> <p>SIDES: Side Salad, Veggies, & Fruit</p>	<p>FULLY LOADED BURGER Hamburger or Veggie Burger Tator Tots Broccoli Salad Applesauce Topping Choices: Bacon, Cheese, Lettuce Tomatoes, Onion, Pickle Ozzy's Secret Sauce</p> <p>DAILY SPECIAL Philly Cheesesteak Sub Tossed Romaine Salad Tator Tots Assorted Fresh Vegetables Applesauce</p> <p>GOOD TO GO ENTREE CHOICES: Crispy or Spicy Chicken Chef Salads Bento Box Meals</p> <p>SIDES: Side Salad, Veggies, & Fruit</p>	<p>PASTA BOWL Rofini Noodles Spagheti Sauce (meatless) Creamy Alfredo Sauce Meatballs Green Beans Tossed Romaine Salad Pear Slices Garlic Breadstick</p> <p>DAILY SPECIAL Chicken Pot Pie over Mashed Potatoes Buttermilk Biscuit Tossed Romaine Salad Pear Slices</p> <p>GOOD TO GO ENTREE CHOICES: Pizza: Supreme, Chz, Pepperoni Chef Salads Bento Box Meals</p> <p>SIDES: Side Salad, Veggies, & Fruit</p>
<p>ASIAN RICE BOWL Orange Chicken with Vegetable Fried Rice and Chicken Egg Roll Sides Include: Stir Fry Mixed Vegetables Fruit Medley Fortune Cookie Sweet Sour Sauce</p> <p>DAILY SPECIAL Grilled Chicken Parmesan Tossed Romaine Salad Garlic Parmesan Noodles Tuscan Blend Vegetables Fruit Medley</p> <p>GOOD TO GO ENTREE CHOICES: Pizza: Hawaiian, Chz, Pepperoni Chef Salads Bento Box Meals</p> <p>SIDES: Side Salad, Veggies, & Fruit</p>	<p>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)</p> <p>DAILY SPECIAL Chicken Tikka Masala & Naan Steamed Rice Tossed Romaine Salad Peas Fresh Apple Slices</p> <p>GOOD TO GO ENTREE CHOICES: Crispy or Spicy Chicken Chef Salads Bento Box Meals</p> <p>SIDES: Side Salad, Veggies, & Fruit</p>	<p>POTATO BOWL Mashed Potatoes Chicken & Gravy Corn Salad & Sliced Peaches Buttermilk Biscuit Topping Choices: Green Onions, Shred Cheese, Real Bacon Bits</p> <p>DAILY SPECIAL Scrambled Eggs & French Toast Sticks Rosemary Diced Potatoes Sliced Peaches Juice Box</p> <p>GOOD TO GO ENTREE CHOICES: Pizza: Hawaiian, Chz, Pepperoni Chef Salads Bento Box Meals</p> <p>SIDES: Side Salad, Veggies, & Fruit</p>	<p>BUILD-YOUR-OWN SUB Ham or Turkey Sub Sandwich Potato Chips Fresh Carrots Applesauce Topping Choices: Tomatoes, Onion, Pickle Ozzy's Secret Sauce</p> <p>DAILY SPECIAL Chicken Tinga Tossed Romaine Salad Mexican Potatoes Etole Corn Salad Applesauce</p> <p>GOOD TO GO ENTREE CHOICES: Crispy or Spicy Chicken Chef Salads Bento Box Meals</p> <p>SIDES: Side Salad, Veggies, & Fruit</p>	<p>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</p> <p>DAILY SPECIAL Italian Grilled Cheese & Sauce Tossed Romaine Salad Green Beans Pear Slices Hummus & Pretzels</p> <p>GOOD TO GO ENTREE CHOICES: Pizza: Hawaiian, Chz, Pepperoni Chef Salads Bento Box Meals</p> <p>SIDES: Side Salad, Veggies, & Fruit</p>
<p>ASIAN NOODLE BOWL Kung Pao Chicken with LoMein Noodles Sides Include: Steamed Broccoli Asian Chopped Salad Fruit Medley Fortune Cookie</p> <p>DAILY SPECIAL Garlic Cheese French Bread Marinara Sauce Tossed Romaine Salad Steamed Broccoli Fruit Medley</p> <p>GOOD TO GO ENTREE CHOICES: Pizza: Buffalo, Cheese, Pepperoni Chef Salads Bento Box Meals</p> <p>SIDES: Side Salad, Veggies, & Fruit</p>	<p>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)</p> <p>DAILY SPECIAL Chili Cheese Dog Tossed Romaine Salad Baked Beans Oven Baked French Fries Fresh Apple Slices</p> <p>GOOD TO GO ENTREE CHOICES: Crispy or Spicy Chicken Chef Salads Bento Box Meals</p> <p>SIDES: Side Salad, Veggies, & Fruit</p>	<p>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</p> <p>DAILY SPECIAL Chicken Cardon Bleu Sandwich (Swiss & Canadian bacon) Tossed Romaine Salad Glazed Carrots Sliced Peaches</p> <p>GOOD TO GO ENTREE CHOICES: Pizza: Buffalo, Cheese, Pepperoni Chef Salads Bento Box Meals</p> <p>SIDES: Side Salad, Veggies, & Fruit</p>	<p>FULLY LOADED BURGER Hamburger or Veggie Burger Tator Tots Broccoli Salad Applesauce Topping Choices: Bacon, Cheese, Lettuce Tomatoes, Onion, Pickle Ozzy's Secret Sauce</p> <p>DAILY SPECIAL Cheese Quesadillas Seasoned Chicken Black Bean & Corn Salad Applesauce Salad, Salsa, & Sour Cream</p> <p>GOOD TO GO ENTREE CHOICES: Crispy or Spicy Chicken Chef Salads Bento Box Meals</p> <p>SIDES: Side Salad, Veggies, & Fruit</p>	<p>PASTA BOWL Rofini Noodles Spagheti Sauce (meatless) Creamy Alfredo Sauce Meatballs Green Beans Tossed Romaine Salad Pear Slices Garlic Breadstick</p> <p>DAILY SPECIAL Chicken Dumplings & Bread Tossed Romaine Salad Mashed Potatoes & Gravy Green Beans Pear Slices</p> <p>GOOD TO GO ENTREE CHOICES: Pizza: Buffalo, Cheese, Pepperoni Chef Salads Bento Box Meals</p> <p>SIDES: Side Salad, Veggies, & Fruit</p>
<p>ASIAN RICE BOWL Vegetable Potstickers with Vegetable Fried Rice and Chicken Egg Roll Sides Include: Stir Fry Mixed Vegetables Fruit Medley Fortune Cookie Sweet Sour Sauce</p> <p>DAILY SPECIAL Mini Corn Dogs Tossed Romaine Salad Baked Beans Glazed Carrots Fruit Medley</p> <p>GOOD TO GO ENTREE CHOICES: Bacon Cheeseburger Pizza Chef Salads Bento Box Meals</p> <p>SIDES: Side Salad, Veggies, & Fruit</p>	<p>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)</p> <p>DAILY SPECIAL Cheese Dunkers Marinara Sauce Tossed Romaine Salad Country Mixed Vegetables Fresh Apple Slices</p> <p>GOOD TO GO ENTREE CHOICES: Crispy or Spicy Chicken Chef Salads Bento Box Meals</p> <p>SIDES: Side Salad, Veggies, & Fruit</p>	<p>POTATO BOWL Mashed Potatoes Chicken & Gravy Corn Salad & Sliced Peaches Buttermilk Biscuit Topping Choices: Green Onions, Shred Cheese, Real Bacon Bits</p> <p>DAILY SPECIAL Reg. or Buffalo Popcorn Chicken Tossed Romaine Salad Roasted Cauliflower Peach Slices Sliced Bread</p> <p>GOOD TO GO ENTREE CHOICES: Bacon Cheeseburger Pizza Chef Salads Bento Box Meals</p> <p>SIDES: Side Salad, Veggies, & Fruit</p>	<p>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</p> <p>DAILY SPECIAL Fameer's Market Salad Homemade Soup Creamy Pasta Salad Fresh Grapes Garlic Breadstick</p> <p>GOOD TO GO ENTREE CHOICES: Crispy or Spicy Chicken Chef Salads Bento Box Meals</p> <p>SIDES: Side Salad, Veggies, & Fruit</p>	<p>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</p> <p>DAILY SPECIAL Chicken Gyro or Falafel Gyro Tomatoes, Onions, Feta, & Sauce Tossed Romaine Salad Ranch Steak Fries Pear Slices</p> <p>GOOD TO GO ENTREE CHOICES: Bacon Cheeseburger Pizza Chef Salads Bento Box Meals</p> <p>SIDES: Side Salad, Veggies, & Fruit</p>
<p style="text-align: center;">No School Today</p>	<p>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)</p> <p>DAILY SPECIAL Pepperoni Calzone Tossed Romaine Salad Butternut Squash Italian 3-Bean Salad Fresh Apple Slices</p> <p>GOOD TO GO ENTREE CHOICES: Crispy or Spicy Chicken Chef Salads Bento Box Meals</p> <p>SIDES: Side Salad, Veggies, & Fruit</p>	<p>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</p> <p>DAILY SPECIAL Chicken Strips Tossed Romaine Salad Baked Beans Sliced Peaches Dinner Roll</p> <p>GOOD TO GO ENTREE CHOICES: Pizza: Supreme, Chz, Pepperoni Chef Salads Bento Box Meals</p> <p>SIDES: Side Salad, Veggies, & Fruit</p>	<p>FULLY LOADED BURGER Hamburger or Veggie Burger Tator Tots Broccoli Salad Applesauce Topping Choices: Bacon, Cheese, Lettuce Tomatoes, Onion, Pickle Ozzy's Secret Sauce</p> <p>DAILY SPECIAL Philly Cheesesteak Sub Tossed Romaine Salad Tator Tots Assorted Fresh Vegetables Applesauce</p> <p>GOOD TO GO ENTREE CHOICES: Crispy or Spicy Chicken Chef Salads Bento Box Meals</p> <p>SIDES: Side Salad, Veggies, & Fruit</p>	<p>PASTA BOWL Rofini Noodles Spagheti Sauce (meatless) Creamy Alfredo Sauce Meatballs Green Beans Tossed Romaine Salad Pear Slices Garlic Breadstick</p> <p>DAILY SPECIAL BBQ Chicken Flatbread Tossed Romaine Salad Green Beans Pear Slices Frozen Sorbet Cup</p> <p>GOOD TO GO ENTREE CHOICES: Pizza: Supreme, Chz, Pepperoni Chef Salads Bento Box Meals</p> <p>SIDES: Side Salad, Veggies, & Fruit</p>