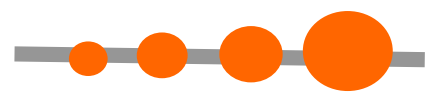


# NOVEMBER 2024

## 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>PASTA BOWL</b><br/>         Rotini Noodles<br/>         Spaghetti Sauce (meatless)<br/>         Creamy Alfredo Sauce<br/>         Meatballs<br/>         Green Beans<br/>         Tossed Romaine Salad<br/>         Pear Slices<br/>         Garlic Breadstick</p> <p><b>DAILY SPECIAL</b><br/>         BBQ Chicken Flatbread<br/>         Tossed Romaine Salad<br/>         Green Beans<br/>         Pear Slices<br/>         Frozen Sorbet Cup</p> <p><b>GOOD TO GO</b><br/> <b>ENTREE CHOICES:</b><br/>         Pizza: Supreme, Chz, Pepperoni<br/>         Chef Salads<br/>         Bento Box Meals<br/> <b>SIDES:</b><br/>         Side Salad, Veggies, &amp; Fruit</p>   |    | 1   |    |   |    |
| <p><b>ASIAN RICE BOWL</b><br/>         Orange Chicken with<br/>         Vegetable Fried Rice and<br/>         Chicken Egg Roll<br/> <b>Sides Include:</b><br/>         Stir Fry Mixed Vegetables<br/>         Fruit Medley<br/>         Tossed Romaine Salad<br/>         Fortune Cookie &amp; Sweet Sour</p> <p><b>DAILY SPECIAL</b><br/>         Grilled Chicken Parmesan<br/>         Tossed Romaine Salad<br/>         Garlic Parmesan Noodles<br/>         Tuscan Blend Vegetables<br/>         Fruit Medley</p> <p><b>GOOD TO GO</b><br/> <b>ENTREE CHOICES:</b><br/>         Pizza: Hawaiian, Chz, Pepperoni<br/>         Chef Salads<br/>         Bento Box Meals<br/> <b>SIDES:</b><br/>         Side Salad, Veggies, &amp; Fruit</p> | 4  | <p><b>TACO TUESDAY</b><br/>         Queso Chicken Burrito Bowl with<br/>         Brown Rice and Tortilla Chips<br/>         Peppers &amp; Onions, Pinto Beans<br/>         Fresh Apple Slices<br/> <b>Topping Choices:</b><br/>         Lettuce, Guacamole<br/>         Sour Cream, Pico de Gallo<br/>         Mild Salsa or Salsa Verde (hot)</p> <p><b>DAILY SPECIAL</b><br/>         Chicken Tikka Masala &amp; Naan<br/>         Steamed Rice<br/>         Tossed Romaine Salad<br/>         Peas<br/>         Fresh Apple Slices</p> <p><b>GOOD TO GO</b><br/> <b>ENTREE CHOICES:</b><br/>         Crispy or Spicy Chicken Sandwich<br/>         Chef Salads<br/>         Bento Box Meals<br/> <b>SIDES:</b><br/>         Side Salad, Veggies, &amp; Fruit</p> | 5  | <p><b>POTATO BOWL</b><br/>         Mashed Potatoes<br/>         Chicken &amp; Gravy<br/>         Corn<br/>         Salad &amp; Sliced Peaches<br/>         Buttermilk Biscuit<br/> <b>Topping Choices:</b><br/>         Green Onions, Shred Cheese,<br/>         Real Bacon Bits</p> <p><b>DAILY SPECIAL</b><br/>         Scrambled Eggs &amp;<br/>         French Toast Sticks<br/>         Rosemary Diced Potatoes<br/>         Sliced Peaches<br/>         Juice Box</p> <p><b>GOOD TO GO</b><br/> <b>ENTREE CHOICES:</b><br/>         Pizza: Hawaiian, Chz, Pepperoni<br/>         Chef Salads<br/>         Bento Box Meals<br/> <b>SIDES:</b><br/>         Side Salad, Veggies, &amp; Fruit</p>   | 6  | <p><b>BUILD-YOUR-OWN SUB</b><br/>         Ham or Turkey Sub Sandwich<br/>         Potato Chips<br/>         Fresh Carrots<br/>         Applesauce<br/> <b>Topping Choices:</b><br/>         Cheese, Lettuce<br/>         Tomatoes, Onion, Pickle<br/>         Ozzy's Secret Sauce</p> <p><b>DAILY SPECIAL</b><br/>         Chicken Tinga<br/>         Tossed Romaine Salad<br/>         Mexican Potatoes<br/>         Elote Corn Salad<br/>         Applesauce</p> <p><b>GOOD TO GO</b><br/> <b>ENTREE CHOICES:</b><br/>         Crispy or Spicy Chicken Sandwich<br/>         Chef Salads<br/>         Bento Box Meals<br/> <b>SIDES:</b><br/>         Side Salad, Veggies, &amp; Fruit</p>                                  | 7  | <p><b>MAC &amp; CHEESE BOWL</b><br/>         Macaroni &amp; Cheese<br/>         Diced Chicken or Shredded Pork<br/>         Tossed Salad &amp; Peas<br/>         Pear Slices<br/>         Garlic Breadstick<br/> <b>Topping Choices:</b><br/>         Green Onions, Crispy Onions,<br/>         Cheese, BBQ &amp; Buffalo Sauce</p> <p><b>DAILY SPECIAL</b><br/>         Italian Grilled Cheese &amp; Sauce<br/>         Tossed Romaine Salad<br/>         Green Beans<br/>         Pear Slices<br/>         Hummus &amp; Pretzels</p> <p><b>GOOD TO GO</b><br/> <b>ENTREE CHOICES:</b><br/>         Pizza: Hawaiian, Chz, Pepperoni<br/>         Chef Salads<br/>         Bento Box Meals<br/> <b>SIDES:</b><br/>         Side Salad, Veggies, &amp; Fruit</p> | 8  |
| <p><b>ASIAN NOODLE BOWL</b><br/>         Kung Pao Chicken with<br/>         LoMein Noodles<br/> <b>Sides Include:</b><br/>         Steamed Broccoli<br/>         Chopped Salad &amp; Tossed Salad<br/>         Fruit Medley<br/>         Fortune Cookie</p> <p><b>DAILY SPECIAL</b><br/>         Garlic Cheese French Bread<br/>         Marinara Sauce<br/>         Tossed Romaine Salad<br/>         Steamed Broccoli<br/>         Fruit Medley</p> <p><b>GOOD TO GO</b><br/> <b>ENTREE CHOICES:</b><br/>         Pizza: Buffalo, Cheese, Pepperoni<br/>         Chef Salads<br/>         Bento Box Meals<br/> <b>SIDES:</b><br/>         Side Salad, Veggies, &amp; Fruit</p>   | 11 | <p><b>TACO TUESDAY</b><br/>         Tortilla Chips or Flour Tortillas<br/>         Seasoned Beef<br/>         Cilantro Lime Rice, Black Beans<br/>         Fresh Apple Slices<br/> <b>Topping Choices:</b><br/>         Cheese, Lettuce, Guacamole<br/>         Sour Cream, Pico de Gallo<br/>         Mild Salsa or Salsa Verde (hot)</p> <p><b>DAILY SPECIAL</b><br/>         Chili Cheese Dog<br/>         Tossed Romaine Salad<br/>         Baked Beans<br/>         Oven Baked French Fries<br/>         Fresh Apple Slices</p> <p><b>GOOD TO GO</b><br/> <b>ENTREE CHOICES:</b><br/>         Crispy or Spicy Chicken Sandwich<br/>         Chef Salads<br/>         Bento Box Meals<br/> <b>SIDES:</b><br/>         Side Salad, Veggies, &amp; Fruit</p>      | 12 | <p><b>POTATO BOWL</b><br/>         Sidewinder Potatoes topped with<br/>         Pulled Pork &amp; Cheese Sauce<br/>         Tossed Romaine Salad<br/>         Assorted Fresh Vegetables<br/>         Sliced Peaches<br/>         Warm Cinnamon Roll<br/> <b>Topping Choices:</b><br/>         Green Onions, BBQ Sauce</p> <p><b>DAILY SPECIAL</b><br/>         Chicken Cordon Bleu Sandwich<br/>         (swiss &amp; canadian bacon)<br/>         Tossed Romaine Salad<br/>         Glazed Carrots<br/>         Sliced Peaches</p> <p><b>GOOD TO GO</b><br/> <b>ENTREE CHOICES:</b><br/>         Pizza: Buffalo, Cheese, Pepperoni<br/>         Chef Salads<br/>         Bento Box Meals<br/> <b>SIDES:</b><br/>         Side Salad, Veggies, &amp; Fruit</p> | 13 | <p><b>FULLY LOADED BURGER</b><br/>         Hamburger or Veggie Burger<br/>         Tator Tots<br/>         Broccoli Salad<br/>         Applesauce<br/> <b>Topping Choices:</b><br/>         Bacon, Cheese, Lettuce<br/>         Tomatoes, Onion, Pickle<br/>         Ozzy's Secret Sauce</p> <p><b>DAILY SPECIAL</b><br/>         Cheese Quesadillas<br/>         Seasoned Chicken<br/>         Black Bean &amp; Corn Salad<br/>         Applesauce<br/>         Salad, Salsa, &amp; Sour Cream</p> <p><b>GOOD TO GO</b><br/> <b>ENTREE CHOICES:</b><br/>         Crispy or Spicy Chicken Sandwich<br/>         Chef Salads<br/>         Bento Box Meals<br/> <b>SIDES:</b><br/>         Side Salad, Veggies, &amp; Fruit</p> | 14 | <p><b>PASTA BOWL</b><br/>         Rotini Noodles<br/>         Spaghetti Sauce (meatless)<br/>         Creamy Alfredo Sauce<br/>         Meatballs<br/>         Green Beans<br/>         Tossed Romaine Salad<br/>         Pear Slices<br/>         Garlic Breadstick</p> <p><b>DAILY SPECIAL</b><br/>         Chicken Drumsticks &amp; Bread<br/>         Tossed Romaine Salad<br/>         Mashed Potatoes &amp; Gravy<br/>         Green Beans<br/>         Pear Slices</p> <p><b>GOOD TO GO</b><br/> <b>ENTREE CHOICES:</b><br/>         Pizza: Buffalo, Cheese, Pepperoni<br/>         Chef Salads<br/>         Bento Box Meals<br/> <b>SIDES:</b><br/>         Side Salad, Veggies, &amp; Fruit</p>  | 15 |
| <p><b>ASIAN RICE BOWL</b><br/>         Vegetable Potstickers with<br/>         Vegetable Fried Rice and<br/>         Chicken Egg Roll<br/> <b>Sides Include:</b><br/>         Stir Fry Mixed Vegetables<br/>         Fruit Medley<br/>         Tossed Romaine Salad<br/>         Fortune Cookie &amp; Sweet Sour</p> <p><b>DAILY SPECIAL</b><br/>         Mini Corn Dogs<br/>         Tossed Romaine Salad<br/>         Baked Beans<br/>         Glazed Carrots<br/>         Fruit Medley</p> <p><b>GOOD TO GO</b><br/> <b>ENTREE CHOICES:</b><br/>         Bacon Cheeseburger Pizza<br/>         Chef Salads<br/>         Bento Box Meals<br/> <b>SIDES:</b><br/>         Side Salad, Veggies, &amp; Fruit</p>                                | 18 | <p><b>TACO TUESDAY</b><br/>         Nachos Supreme<br/>         Seasoned Beef, Queso Sauce<br/>         Fiesta Corn<br/>         Seasoned Pinto Beans<br/>         Fresh Apple Slices<br/> <b>Topping Choices:</b><br/>         Guac, Sour Cream, Mild Salsa<br/>         Pico de Gallo, Salsa Verde (hot)</p> <p><b>DAILY SPECIAL</b><br/>         Cheese Dunkers<br/>         Marinara Sauce<br/>         Tossed Romaine Salad<br/>         Country Mixed Vegetables<br/>         Fresh Apple Slices</p> <p><b>GOOD TO GO</b><br/> <b>ENTREE CHOICES:</b><br/>         Crispy or Spicy Chicken Sandwich<br/>         Chef Salads<br/>         Bento Box Meals<br/> <b>SIDES:</b><br/>         Side Salad, Veggies, &amp; Fruit</p>                                | 19 | <p><b>POTATO BOWL</b><br/>         Mashed Potatoes<br/>         Chicken &amp; Gravy<br/>         Corn<br/>         Salad &amp; Sliced Peaches<br/>         Buttermilk Biscuit<br/> <b>Topping Choices:</b><br/>         Green Onions, Shred Cheese,<br/>         Real Bacon Bits</p> <p><b>DAILY SPECIAL</b><br/>         Reg. or Buffalo Popcorn Chicken<br/>         Tossed Romaine Salad<br/>         Roasted Cauliflower<br/>         Peach Slices<br/>         Sliced Bread</p> <p><b>GOOD TO GO</b><br/> <b>ENTREE CHOICES:</b><br/>         Bacon Cheeseburger Pizza<br/>         Chef Salads<br/>         Bento Box Meals<br/> <b>SIDES:</b><br/>         Side Salad, Veggies, &amp; Fruit</p>   | 20 | <p><b>BUILD-YOUR-OWN SUB</b><br/>         Italian or Turkey Sub Sandwich<br/>         Potato Chips<br/>         Fresh Carrots<br/>         Applesauce<br/> <b>Topping Choices:</b><br/>         Cheese, Lettuce, Tomatoes,<br/>         Green Pepper, Onion, Pickle<br/>         Ozzy's Secret Sauce</p> <p><b>DAILY SPECIAL</b><br/>         Farmers' Market Salad<br/>         Homemade Soup<br/>         Creamy Pasta Salad<br/>         Fresh Grapes<br/>         Garlic Breadstick</p> <p><b>GOOD TO GO</b><br/> <b>ENTREE CHOICES:</b><br/>         Crispy or Spicy Chicken Sandwich<br/>         Chef Salads<br/>         Bento Box Meals<br/> <b>SIDES:</b><br/>         Side Salad, Veggies, &amp; Fruit</p>         | 21 | <p><b>PASTA BOWL</b><br/>         Macaroni &amp; Cheese<br/>         Chicken or Shredded Pork<br/>         Tossed Salad &amp; Peas<br/>         Pear Slices<br/>         Garlic Breadstick<br/> <b>Topping Choices:</b><br/>         Green Onions, Crispy Onions,<br/>         Cheese, BBQ &amp; Buffalo Sauce</p> <p><b>DAILY SPECIAL</b><br/>         Chicken Gyro or Falafel Gyro<br/>         Tomatoes, Onions, Feta, &amp; Sauce<br/>         Tossed Romaine Salad<br/>         Ranch Steak Fries<br/>         Pear Slices</p> <p><b>GOOD TO GO</b><br/> <b>ENTREE CHOICES:</b><br/>         Bacon Cheeseburger Pizza<br/>         Chef Salads<br/>         Bento Box Meals<br/> <b>SIDES:</b><br/>         Side Salad, Veggies, &amp; Fruit</p>           | 22 |
| <p><b>ASIAN NOODLE BOWL</b><br/>         Honey Sriracha Chicken with<br/>         LoMein Noodles<br/> <b>Sides Include:</b><br/>         Steamed Broccoli<br/>         Chopped Salad &amp; Tossed Salad<br/>         Fruit Medley<br/>         Fortune Cookie</p> <p><b>DAILY SPECIAL</b><br/>         Maple Glazed Chicken &amp;<br/>         Waffle Sandwich<br/>         Tossed Romaine Salad<br/>         Sweet Potato Waffle Fries<br/>         Fruit Medley</p> <p><b>GOOD TO GO</b><br/> <b>ENTREE CHOICES:</b><br/>         Pizza: Supreme, Chz, Pepperoni<br/>         Chef Salads<br/>         Bento Box Meals<br/> <b>SIDES:</b><br/>         Side Salad, Veggies, &amp; Fruit</p>  | 25 | <p><b>TACO TUESDAY</b><br/>         Tortilla Chips or Flour Tortillas<br/>         Seasoned Beef<br/>         Cilantro Lime Rice, Black Beans<br/>         Fresh Apple Slices<br/> <b>Topping Choices:</b><br/>         Cheese, Lettuce, Guacamole<br/>         Sour Cream, Pico de Gallo<br/>         Mild Salsa or Salsa Verde (hot)</p> <p><b>DAILY SPECIAL</b><br/>         Pepperoni Calzone<br/>         Tossed Romaine Salad<br/>         Butternut Squash<br/>         Italian 3-Bean Salad<br/>         Fresh Apple Slices</p> <p><b>GOOD TO GO</b><br/> <b>ENTREE CHOICES:</b><br/>         Crispy or Spicy Chicken Sandwich<br/>         Chef Salads<br/>         Bento Box Meals<br/> <b>SIDES:</b><br/>         Side Salad, Veggies, &amp; Fruit</p>   | 26 | <p>No School Today</p>  <p>No School Today</p>  |    | 27  | 28 | 29  |    |