

BACK TO SCHOOL

HS Menu for August & September 2019

New Haven Public Schools

$E=mc^2$ $F=ma$ $S=\pi R^2$

This institution is an equal opportunity provider. Menus are subject to change.

Available Daily

Choice of 1 Milk
1% or Skim

May Take 2 to Complete Meal
Fresh Fruit
Fruit Cup

Available Daily
Salad Bar

Daily Alternate Entrees

**Yogurt Plate

**Pretzel Plate

**Salad Plate

**Hummus Plate

Deli Bar

**Sun Butter & Jelly Sandwich

All entrees include choice of vegetables, fruits, and milk

DON'T 4 GET!

To make a lunch, choose at least one



NEW HAVEN SCHOOL DISTRICT
FOOD SERVICES

Our program is Peanut/Tree nut, Pork, and Shellfish free!

⇒ All of our grain items are Whole Grain

⇒ Items marked with (**) are Vegetarian

Introducing our new **Meatless Mondays!**

Every Monday will feature a vegetarian entrée. All vegetarian entrée's meet the same 2 oz Grain & 2 oz Meat/Meat alternate guidelines.

Featured Specials of the Day

Thursday, August 29

Top your own Cheeseburger on a Roll
Local Corn on the Cob
Watermelon Slice Available

Friday, August 30

**Homemade Pizza
Seasoned Local Green Beans

Monday, September 2

★ **LABOR DAY** ★

Tuesday, September 3

NEW ITEM

**Black Bean Burger on a Bun
**Hummus Plate & Sun Butter Plate Alternative Available
Seasoned Carrots

Wednesday, September 4

Chicken and Waffles
Orange Juice


Thursday, September 5

Saucy Meatball Sub
Seasoned Local Green Beans

Friday, September 6

**Homemade Veggie Pizza
Seasoned Mixed Vegetables

NAME DROPPING



DUA LIPA WAS BORN IN LONDON TO PARENTS FROM ALBANIA. HER NAME IS PRETTY COOL TO BEGIN WITH, SO SHE DIDN'T HAVE TO CHANGE IT, BUT IT'S EVEN COOLER BECAUSE "DUA" MEANS "LOVE" IN ALBANIAN!

Justin Higuchi/CG BY 2.0

Featured Specials of the Day

Meatless Monday, September 9

**Mac & Cheese, Dinner Roll

**Hummus Plate & Sun Butter Plate Alternative Available
Seasoned Broccoli

Tuesday, September 10

NO SCHOOL

Wednesday, September 11

BBQ Beef Rib on a Bun

Sweet Potato Wedges

Watermelon Slice Available

Thursday, September 12

Chicken Fajitas & Tortilla

Seasoned Corn

Friday, September 13

**Homemade Pizza

Seasoned Local Green Beans

Featured Specials of the Day

Meatless Monday, September 16

NEW ITEM

**Falafel Tots w/ Pita Bread

**Hummus Plate & Sun Butter Plate Alternative Available

Taco Fiesta Black Beans

Tuesday, September 17

NEW ITEM

Chicken Wings, Dinner Roll

Carrots

Wednesday, September 18

Chicken Pasta Alfredo

Seasoned Broccoli

Thursday, September 19

NEW ITEM

Chicken Waffle Sandwich

Oven Baked Sweet Potato Wedges

Friday, September 20

Homemade Pepperoni Pizza OR **Plant-Based Crumbles

Pizza

Seasoned Peas

The original value meal & still a fantastic deal!

Breakfast

Lunch

FREE FREE

Featured Specials of the Day

Meatless Monday, September 23

NEW ITEM

**Veggie Patty & Cheese on a Bun

**Hummus Plate & Sun Butter Plate Alternative Available

Orange Juice

Tuesday, September 24

Chicken Teriyaki, Chow Mein Noodles, Fortune Cookies,

Seasoned Broccoli

Wednesday, September 25

Sloppy Joe on a Bun

Local Corn on the Cob

Thursday, September 26

NEW ITEM

BBQ Pulled Turkey on a Grinder

Oven Baked Sweet Potato Wedges

Friday, September 27

**Homemade Pizza

Local Yellow & Green Squash

eatfit wanna stay fit?
gotta eat right!

item: ice cream
verdict: not a daily routine



575	13	61
CALORIES	SAT FAT GRAMS	SUGAR GRAMS

FIT METER
Teens should eat 1800-3200 calories a day, depending on gender and activity level. Shoot for fewer than 22g of sat fat and 25-40g of added sugar max.

Based on a waffle cone with 3 scoops of ice cream

tip: We all might scream for it, but your body will scream at you if you eat too much. An occasional treat, not an every day choice.

Please see reverse for items available daily