

THINK

[CA]

CHOOSE TO EAT WELL

William S. Hart Junior Highs August-September 2019

We feature an inviting variety of fresh garden salad greens, vegetables, and fruits. Locally-grown items are offered whenever seasonally-available. rBST hormone free low-fat or fat-free milk is offered with all meals. A meal includes an entrée, fruit and vegetable selection. Bread products are whole grain and all featured menu items contain zero trans fat.

	Monday	Tuesday	Wednesday	Thursday	Friday
FAVORITES	Chicken Nuggets BBQ Chicken Teriyaki	Spaghetti and Meatballs Chicken Tenders	Orange Chicken Chicken Nuggets	Chicken Tenders Macaroni and Cheese	Chicken Nuggets Sweet & Sour Chicken
DELI	Chicken Caesar Salad Turkey and Cheese Sub	Taco Salad w/Chips Caesar Wrap	Classic American Sub Chicken Caesar Salad	Caesar Wrap Buffalo Chicken Salad	Ham and Cheese Sandwich Chicken Caesar Salad
SALSA	Bean & Cheese Burrito Nachos w/Meat Cheese, Beans	2 Crispy Beef Tacos Bean & Cheese Enchirito	Nachos w/Meat Cheese, Beans Bean & Cheese Burrito	Bean & Cheese Enchirito 2 Chicken Soft Taco	Bean & Cheese Burrito Nachos w/Meat Cheese, Beans
PIZZA	Assorted Pizza with a variety of toppings	Assorted Pizza with a variety of toppings	Assorted Pizza with a variety of toppings	Assorted Pizza with a variety of toppings	Assorted Pizza with a variety of toppings
GRILL Veggie Burger Daily	Spicy or Crispy Chicken Sand. Cheeseburger Pulled BBQ Sandwich	Hamburger Grilled Ham and Cheese Spicy or Crispy Chicken Sand.	Jumbo All-Beef Hot Dog Spicy or Crispy Chicken Sand Cheeseburger	Bacon Cheeseburger Rib B Que Sub Spicy or Crispy Chicken Sand	Corndog Spicy or Crispy Chicken Sandwich Cheeseburger

We offer a variety of fresh garden options Apples, Raisins, and Canned Fruit Daily	Green Salad Tomatoes Carrots Beans Corn Fresh Fruit	Caesar Salad Celery Tomatoes Cucumber Slices Carrots Fresh Fruit	Green Salad Broccoli Carrots Corn Tomatoes Fresh Fruit	Caesar Salad Tomatoes Cucumber Slices Carrots Corn Fresh Fruit	Green Salad Carrots Broccoli Celery Tomatoes Fresh Fruit
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For menu nutritional information and foods containing common food allergens please visit: HartDistrict.org. –Food Services

This explains what to do if you believe you have been treated unfairly. In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, DC 20250-9410 or call 866-632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at 800-877-8339, or 800-845-6136 (Spanish).

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