Welcome to our @ Lunch Cafe

Hamden Bear Path Elementary School

September 2017

WHITSONS School Nutrition

HARVEST of the MONTH

We proudly support clean, organic, local and sustainable agriculture.

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Cheese Pizza *crispy pizza dough topped with tomato sauce and melted cheese* Pepperoni Pizza Caesar Salad Pear and Pineapple Cup
4 No School Labor Day	5 Stuffed Bread Sticks *baked bread sticks filled with melted cheese* Chicken Caesar Wrap Veggie Dippers Pineapple Tidbits	6 Cheeseburger *burger topped with cheese on a freshly toasted bun* Or Jelly Sandwich with String CheeseOven Baked Fries Fresh Red Grapes	7 Chicken Quesadilla Or Chef SaladSauteed Corn & Black Bean Salsa Fresh Apple	8 Cheese Pizza *crispy pizza dough topped with tomato sauce and melted cheese* Pepperoni Pizza Carroteenies Banana
11 Chicken Nuggets *crispy breaded chicken nuggets perfect for dipping in your favorite sauce* Or Veggie BurgerSteamed Broccoli Apple 100% Juice	12 Nachos Grande *tortilla chips topped with mexi style meat and cheese sauce* Or Turkey Ranch WrapMild Salsa Brown Rice Diced Pears	13 Mac & Cheese *pasta in cheese sauce, garnished with parsely* Or Jelly Sandwich with String CheeseWhole Wheat Dinner Roll Four Bean Salad Mixed Dried Fruit	14 BBQ Rib Sandwich *BBQ rib patty on a bun* Or Chef SaladVegetable Fried Rice Veggie Dippers Sliced Oranges	15 Cheese Pizza *crispy pizza dough topped with tomato sauce and melted cheese* Pepperoni Pizza Caesar Salad Apple 100% Juice
18 Chicken Tenders Or Turkey BurgerOven Baked Fries Steamed Broccolini Fresh Apple	19 Pasta & Meatballs *freshly baked meatballs with tomato sauce over pasta* Or Buffalo Chicken WrapWhole Wheat Dinner Roll Greek Side Salad Pear and Pineapple Cup	20 Grilled Cheese with Bacon *grilled cheese with layers of crisp bacon on toasty bread* Or Veggie BurgerBaked Potato Wedges Carroteenies Apple Cherry 100% Juice	21 No School Rosh Hashanah	22 Cheese Pizza *crispy pizza dough topped with tomato sauce and melted cheese* Pepperoni Pizza Garden Salad Sliced Peaches
25 Popcorn Chicken *breaded chicken bites baked to perfection* Or Veggie BurgerCorn Pineapple Chunks	26 Crispy Chicken Sandwich *crispy breaded chicken on a bun* Or Tuna & Cheese WrapOven Baked Fries Veggie Dippers Fresh Red Grapes	27 Turkey Hot Dog on Bun *turkey hot dog on soft bun* Or Graham Cracker ParfaitVegetarian Baked Beans Mixed Fruit	28 Crispy Tacos *crispy taco shells filled with taco meat and cheddar cheese* Or BBQ Chicken WrapRed Beans Brown Rice Fresh Apple	29 Cheese Pizza *crispy pizza dough topped with tomato sauce and melted cheese* Pepperoni Pizza Greek Side Salad Banana

At Whitsons, we know that good nutrition fuels students for optimal performance, both mentally and physically. We work hard to make sure all of our menus are healthy, nutritious and taste good. To learn more about nutrition related to athletics, visit us at www.Whitsons.com

or scan our QR code to see all that we are doing to keep our young customers healthy!

Alternative Daily Lunch Options

"C" Bagel Lunch: Whole Wheat Bagel, cheese & low fat yogurt cup

OR

"D" Healthy Choice Salad: Mixed Greens, cucumbers tomatoes, cheese with a dinner roll (2)

Daily Breakfast Menu:

Monday/Wednesday/Friday :
Reduced Sugar WG Cereal and Graham Crackers

Tuesday:WW Bagel with lite Cream Cheese

Thursday:WW Muffin, assorted flavors

Lunch Prices:

Full Paid $2.65 Reduced **$0.40**

Breakfast Prices:Full Paid **$1.15** Reduced **$0.30**

Choice of milk and assorted fresh fruits and vegetables are available daily as part of any school lunch.

Menus are subject to change. Please call 203-230-1010 for further information

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Welcome to our @ Lunch Cafe

Hamden Church St Elementary School

September 2017

WHITSONS School Nutrition

HARVEST of the MONTH

We proudly support clean, organic, local and sustainable agriculture.

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Cheese Pizza *crispy pizza dough topped with tomato sauce and melted cheese* Pepperoni Pizza Caesar Salad Pear and Pineapple Cup
4 No School Labor Day	5 Stuffed Bread Sticks *baked bread sticks filled with melted cheese* Chicken Caesar Wrap Veggie Dippers Pineapple Tidbits	6 Cheeseburger *burger topped with cheese on a freshly toasted bun* Or Jelly Sandwich with String CheeseOven Baked Fries Fresh Red Grapes	7 Chicken Quesadilla Or Chef SaladSauteed Corn & Black Bean Salsa Fresh Apple	8 Cheese Pizza *crispy pizza dough topped with tomato sauce and melted cheese* Pepperoni Pizza Carroteenies Banana
11 Chicken Nuggets *crispy breaded chicken nuggets perfect for dipping in your favorite sauce* Or Veggie BurgerSteamed Broccoli Apple 100% Juice	12 Nachos Grande *tortilla chips topped with mexi style meat and cheese sauce* Or Turkey Ranch WrapMild Salsa Brown Rice Diced Pears	13 Mac & Cheese *pasta in cheese sauce, garnished with parsely* Or Jelly Sandwich with String CheeseWhole Wheat Dinner Roll Four Bean Salad Mixed Dried Fruit	14 BBQ Rib Sandwich *BBQ rib patty on a bun* Or Chef SaladVegetable Fried Rice Veggie Dippers Sliced Oranges	15 Cheese Pizza *crispy pizza dough topped with tomato sauce and melted cheese* Pepperoni Pizza Caesar Salad Apple 100% Juice
18 Chicken Tenders Or Turkey BurgerOven Baked Fries Steamed Broccolini Fresh Apple	19 Pasta & Meatballs *freshly baked meatballs with tomato sauce over pasta* Or Buffalo Chicken WrapWhole Wheat Dinner Roll Greek Side Salad Pear and Pineapple Cup	20 Grilled Cheese with Bacon *grilled cheese with layers of crisp bacon on toasty bread* Or Veggie BurgerBaked Potato Wedges Carroteenies Apple Cherry 100% Juice	21 No School Rosh Hashanah	22 Cheese Pizza *crispy pizza dough topped with tomato sauce and melted cheese* Pepperoni Pizza Garden Salad Sliced Peaches
25 Popcorn Chicken *breaded chicken bites baked to perfection* Or Veggie BurgerCorn Pineapple Chunks	26 Crispy Chicken Sandwich *crispy breaded chicken on a bun* Or Tuna & Cheese WrapOven Baked Fries Veggie Dippers Fresh Red Grapes	27 Turkey Hot Dog on Bun *turkey hot dog on soft bun* Or Graham Cracker ParfaitVegetarian Baked Beans Mixed Fruit	28 Crispy Tacos *crispy taco shells filled with taco meat and cheddar cheese* Or BBQ Chicken WrapRed Beans Brown Rice Fresh Apple	29 Cheese Pizza *crispy pizza dough topped with tomato sauce and melted cheese* Pepperoni Pizza Greek Side Salad Banana

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Alternative Daily Lunch Options

"C" Bagel Lunch: Whole Wheat Bagel, cheese & low fat yogurt cup

OR

"D" Healthy Choice Salad: Mixed Greens, cucumbers tomatoes, cheese with a dinner roll (2)

Daily Breakfast Menu:

Monday/Wednesday/Friday :

Reduced Sugar WG Cereal and Graham Crackers

Tuesday:WW Bagel with lite Cream Cheese

Thursday:WW Muffin, assorted flavors

Lunch Prices:

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Breakfast Prices:Full Paid **$1.15** Reduced **$0.30**

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Welcome to our @ Lunch Cafe

Hamden Dunbar Hill Elementary School

September 2017

WHITSONS School Nutrition

HARVEST of the MONTH

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Monday	Tuesday	Wednesday	Thursday	Friday
				1 Cheese Pizza *crispy pizza dough topped with tomato sauce and melted cheese* Pepperoni Pizza Caesar Salad Pear and Pineapple Cup
4 No School Labor Day	5 Stuffed Bread Sticks *baked bread sticks filled with melted cheese* Chicken Caesar Wrap Veggie Dippers Pineapple Tidbits	6 Cheeseburger *burger topped with cheese on a freshly toasted bun* Or Jelly Sandwich with String CheeseOven Baked Fries Fresh Red Grapes	7 Chicken Quesadilla Or Chef SaladSauteed Corn & Black Bean Salsa Fresh Apple	8 Cheese Pizza *crispy pizza dough topped with tomato sauce and melted cheese* Pepperoni Pizza Carroteenies Banana
11 Chicken Nuggets *crispy breaded chicken nuggets perfect for dipping in your favorite sauce* Or Veggie BurgerSteamed Broccoli Apple 100% Juice	12 Nachos Grande *tortilla chips topped with mexi style meat and cheese sauce* Or Turkey Ranch WrapMild Salsa Brown Rice Diced Pears	13 Mac & Cheese *pasta in cheese sauce, garnished with parsely* Or Jelly Sandwich with String CheeseWhole Wheat Dinner Roll Four Bean Salad Mixed Dried Fruit	14 BBQ Rib Sandwich *BBQ rib patty on a bun* Or Chef SaladVegetable Fried Rice Veggie Dippers Sliced Oranges	15 Cheese Pizza *crispy pizza dough topped with tomato sauce and melted cheese* Pepperoni Pizza Caesar Salad Apple 100% Juice
18 Chicken Tenders Or Turkey BurgerOven Baked Fries Steamed Broccolini Fresh Apple	19 Pasta & Meatballs *freshly baked meatballs with tomato sauce over pasta* Or Buffalo Chicken WrapWhole Wheat Dinner Roll Greek Side Salad Pear and Pineapple Cup	20 Grilled Cheese with Bacon *grilled cheese with layers of crisp bacon on toasty bread* Or Veggie BurgerBaked Potato Wedges Carroteenies Apple Cherry 100% Juice	21 No School Rosh Hashanah	22 Cheese Pizza *crispy pizza dough topped with tomato sauce and melted cheese* Pepperoni Pizza Garden Salad Sliced Peaches
25 Popcorn Chicken *breaded chicken bites baked to perfection* Or Veggie BurgerCorn Pineapple Chunks	26 Crispy Chicken Sandwich *crispy breaded chicken on a bun* Or Tuna & Cheese WrapOven Baked Fries Veggie Dippers Fresh Red Grapes	27 Turkey Hot Dog on Bun *turkey hot dog on soft bun* Or Graham Cracker ParfaitVegetarian Baked Beans Mixed Fruit	28 Crispy Tacos *crispy taco shells filled with taco meat and cheddar cheese* Or BBQ Chicken WrapRed Beans Brown Rice Fresh Apple	29 Cheese Pizza *crispy pizza dough topped with tomato sauce and melted cheese* Pepperoni Pizza Greek Side Salad Banana

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Alternative Daily Lunch Options

"C" Bagel Lunch: Whole Wheat Bagel, cheese & low fat yogurt cup

OR

"D" Healthy Choice Salad: Mixed Greens, cucumbers tomatoes, cheese with a dinner roll (2)

Daily Breakfast Menu:

Monday/Wednesday/Friday :

Reduced Sugar WG Cereal and Graham Crackers

Tuesday:WW Bagel with lite Cream Cheese

Thursday:WW Muffin, assorted flavors

Lunch Prices:

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Breakfast Prices:Full Paid **$1.15** Reduced **$0.30**

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Welcome to our @ Lunch Cafe

Hamden Helen Street Elementary School

September 2017

WHITSONS School Nutrition

HARVEST of the MONTH

We proudly support clean, organic, local and sustainable agriculture.

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Cheese Pizza *crispy pizza dough topped with tomato sauce and melted cheese* Pepperoni Pizza Caesar Salad Pear and Pineapple Cup
4 No School Labor Day	5 Stuffed Bread Sticks *baked bread sticks filled with melted cheese* Chicken Caesar Wrap Veggie Dippers Pineapple Tidbits	6 Cheeseburger *burger topped with cheese on a freshly toasted bun* Or Jelly Sandwich with String CheeseOven Baked Fries Fresh Red Grapes	7 Chicken Quesadilla Or Chef SaladSauteed Corn & Black Bean Salsa Fresh Apple	8 Cheese Pizza *crispy pizza dough topped with tomato sauce and melted cheese* Pepperoni Pizza Carroteenies Banana
11 Chicken Nuggets *crispy breaded chicken nuggets perfect for dipping in your favorite sauce* Or Veggie BurgerSteamed Broccoli Apple 100% Juice	12 Nachos Grande *tortilla chips topped with mexi style meat and cheese sauce* Or Turkey Ranch WrapMild Salsa Brown Rice Diced Pears	13 Mac & Cheese *pasta in cheese sauce, garnished with parsely* Or Jelly Sandwich with String CheeseWhole Wheat Dinner Roll Four Bean Salad Mixed Dried Fruit	14 BBQ Rib Sandwich *BBQ rib patty on a bun* Or Chef SaladVegetable Fried Rice Veggie Dippers Sliced Oranges	15 Cheese Pizza *crispy pizza dough topped with tomato sauce and melted cheese* Pepperoni Pizza Caesar Salad Apple 100% Juice
18 Chicken Tenders Or Turkey BurgerOven Baked Fries Steamed Broccolini Fresh Apple	19 Pasta & Meatballs *freshly baked meatballs with tomato sauce over pasta* Or Buffalo Chicken WrapWhole Wheat Dinner Roll Greek Side Salad Pear and Pineapple Cup	20 Grilled Cheese with Bacon *grilled cheese with layers of crisp bacon on toasty bread* Or Veggie BurgerBaked Potato Wedges Carroteenies Apple Cherry 100% Juice	21 No School Rosh Hashanah	22 Cheese Pizza *crispy pizza dough topped with tomato sauce and melted cheese* Pepperoni Pizza Garden Salad Sliced Peaches
25 Popcorn Chicken *breaded chicken bites baked to perfection* Or Veggie BurgerCorn Pineapple Chunks	26 Crispy Chicken Sandwich *crispy breaded chicken on a bun* Or Tuna & Cheese WrapOven Baked Fries Veggie Dippers Fresh Red Grapes	27 Turkey Hot Dog on Bun *turkey hot dog on soft bun* Or Graham Cracker ParfaitVegetarian Baked Beans Mixed Fruit	28 Crispy Tacos *crispy taco shells filled with taco meat and cheddar cheese* Or BBQ Chicken WrapRed Beans Brown Rice Fresh Apple	29 Cheese Pizza *crispy pizza dough topped with tomato sauce and melted cheese* Pepperoni Pizza Greek Side Salad Banana

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Alternative Daily Lunch Options

"C" Bagel Lunch: Whole Wheat Bagel, cheese & low fat yogurt cup

OR

"D" Healthy Choice Salad: Mixed Greens, cucumbers tomatoes, cheese with a dinner roll (2)

Daily Breakfast Menu:

Monday/Wednesday/Friday :

Reduced Sugar WG Cereal and Graham Crackers

Tuesday:WW Bagel with lite Cream Cheese

Thursday:WW Muffin, assorted flavors

Lunch Prices:

Full Paid $2.65 Reduced **$0.40**

Breakfast Prices:Full Paid **$1.15** Reduced **$0.30**

Choice of milk and assorted fresh fruits and vegetables are available daily as part of any school lunch.

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Welcome to our @ Lunch Cafe

Hamden Ridge Hill Elementary School

September 2017

WHITSONS School Nutrition

HARVEST of the MONTH

We proudly support clean, organic, local and sustainable agriculture.

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Cheese Pizza *crispy pizza dough topped with tomato sauce and melted cheese* Pepperoni Pizza Caesar Salad Pear and Pineapple Cup
4 No School Labor Day	5 Stuffed Bread Sticks *baked bread sticks filled with melted cheese* Chicken Caesar Wrap Veggie Dippers Pineapple Tidbits	6 Cheeseburger *burger topped with cheese on a freshly toasted bun* Or Jelly Sandwich with String CheeseOven Baked Fries Fresh Red Grapes	7 Chicken Quesadilla Or Chef SaladSauteed Corn & Black Bean Salsa Fresh Apple	8 Cheese Pizza *crispy pizza dough topped with tomato sauce and melted cheese* Pepperoni Pizza Carroteenies Banana
11 Chicken Nuggets *crispy breaded chicken nuggets perfect for dipping in your favorite sauce* Or Veggie BurgerSteamed Broccoli Apple 100% Juice	12 Nachos Grande *tortilla chips topped with mexi style meat and cheese sauce* Or Turkey Ranch WrapMild Salsa Brown Rice Diced Pears	13 Mac & Cheese *pasta in cheese sauce, garnished with parsely* Or Jelly Sandwich with String CheeseWhole Wheat Dinner Roll Four Bean Salad Mixed Dried Fruit	14 BBQ Rib Sandwich *BBQ rib patty on a bun* Or Chef SaladVegetable Fried Rice Veggie Dippers Sliced Oranges	15 Cheese Pizza *crispy pizza dough topped with tomato sauce and melted cheese* Pepperoni Pizza Caesar Salad Apple 100% Juice
18 Chicken Tenders Or Turkey BurgerOven Baked Fries Steamed Broccolini Fresh Apple	19 Pasta & Meatballs *freshly baked meatballs with tomato sauce over pasta* Or Buffalo Chicken WrapWhole Wheat Dinner Roll Greek Side Salad Pear and Pineapple Cup	20 Grilled Cheese with Bacon *grilled cheese with layers of crisp bacon on toasty bread* Or Veggie BurgerBaked Potato Wedges Carroteenies Apple Cherry 100% Juice	21 No School Rosh Hashanah	22 Cheese Pizza *crispy pizza dough topped with tomato sauce and melted cheese* Pepperoni Pizza Garden Salad Sliced Peaches
25 Popcorn Chicken *breaded chicken bites baked to perfection* Or Veggie BurgerCorn Pineapple Chunks	26 Crispy Chicken Sandwich *crispy breaded chicken on a bun* Or Tuna & Cheese WrapOven Baked Fries Veggie Dippers Fresh Red Grapes	27 Turkey Hot Dog on Bun *turkey hot dog on soft bun* Or Graham Cracker ParfaitVegetarian Baked Beans Mixed Fruit	28 Crispy Tacos *crispy taco shells filled with taco meat and cheddar cheese* Or BBQ Chicken WrapRed Beans Brown Rice Fresh Apple	29 Cheese Pizza *crispy pizza dough topped with tomato sauce and melted cheese* Pepperoni Pizza Greek Side Salad Banana

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Alternative Daily Lunch Options

"C" Bagel Lunch: Whole Wheat Bagel, cheese & low fat yogurt cup

OR

"D" Healthy Choice Salad: Mixed Greens, cucumbers tomatoes, cheese with a dinner roll (2)

Daily Breakfast Menu:

Monday/Wednesday/Friday :
Reduced Sugar WG Cereal and Graham Crackers

Tuesday:WW Bagel with lite Cream Cheese

Thursday:WW Muffin, assorted flavors

Lunch Prices:

Full Paid $2.65 Reduced **$0.40**

Breakfast Prices:Full Paid **$1.15** Reduced **$0.30**

Choice of milk and assorted fresh fruits and vegetables are available daily as part of any school lunch.

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Welcome to our @ Lunch Cafe

Hamden Sherperd Glen Elementary School

September 2017

WHITSONS School Nutrition

We proudly support clean, organic, local and sustainable agriculture.

HARVEST of the MONTH

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Cheese Pizza *crispy pizza dough topped with tomato sauce and melted cheese* Pepperoni Pizza Caesar Salad Pear and Pineapple Cup
4 No School Labor Day	5 Stuffed Bread Sticks *baked bread sticks filled with melted cheese* Chicken Caesar Wrap Veggie Dippers Pineapple Tidbits	6 Cheeseburger *burger topped with cheese on a freshly toasted bun* Or Jelly Sandwich with String CheeseOven Baked Fries Fresh Red Grapes	7 Chicken Quesadilla Or Chef SaladSauteed Corn & Black Bean Salsa Fresh Apple	8 Cheese Pizza *crispy pizza dough topped with tomato sauce and melted cheese* Pepperoni Pizza Carroteenies Banana
11 Chicken Nuggets *crispy breaded chicken nuggets perfect for dipping in your favorite sauce* Or Veggie BurgerSteamed Broccoli Apple 100% Juice	12 Nachos Grande *tortilla chips topped with mexi style meat and cheese sauce* Or Turkey Ranch WrapMild Salsa Brown Rice Diced Pears	13 Mac & Cheese *pasta in cheese sauce, garnished with parsely* Or Jelly Sandwich with String CheeseWhole Wheat Dinner Roll Four Bean Salad Mixed Dried Fruit	14 BBQ Rib Sandwich *BBQ rib patty on a bun* Or Chef SaladVegetable Fried Rice Veggie Dippers Sliced Oranges	15 Cheese Pizza *crispy pizza dough topped with tomato sauce and melted cheese* Pepperoni Pizza Caesar Salad Apple 100% Juice
18 Chicken Tenders Or Turkey BurgerOven Baked Fries Steamed Broccolini Fresh Apple	19 Pasta & Meatballs *freshly baked meatballs with tomato sauce over pasta* Or Buffalo Chicken WrapWhole Wheat Dinner Roll Greek Side Salad Pear and Pineapple Cup	20 Grilled Cheese with Bacon *grilled cheese with layers of crisp bacon on toasty bread* Or Veggie BurgerBaked Potato Wedges Carroteenies Apple Cherry 100% Juice	21 No School Rosh Hashanah	22 Cheese Pizza *crispy pizza dough topped with tomato sauce and melted cheese* Pepperoni Pizza Garden Salad Sliced Peaches
25 Popcorn Chicken *breaded chicken bites baked to perfection* Or Veggie BurgerCorn Pineapple Chunks	26 Crispy Chicken Sandwich *crispy breaded chicken on a bun* Or Tuna & Cheese WrapOven Baked Fries Veggie Dippers Fresh Red Grapes	27 Turkey Hot Dog on Bun *turkey hot dog on soft bun* Or Graham Cracker ParfaitVegetarian Baked Beans Mixed Fruit	28 Crispy Tacos *crispy taco shells filled with taco meat and cheddar cheese* Or BBQ Chicken WrapRed Beans Brown Rice Fresh Apple	29 Cheese Pizza *crispy pizza dough topped with tomato sauce and melted cheese* Pepperoni Pizza Greek Side Salad Banana

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Alternative Daily Lunch Options

"C" Bagel Lunch: Whole Wheat Bagel, cheese & low fat yogurt cup

OR

"D" Healthy Choice Salad: Mixed Greens, cucumbers tomatoes, cheese with a dinner roll (2)

Daily Breakfast Menu:

Monday/Wednesday/Friday :
Reduced Sugar WG Cereal and Graham Crackers

Tuesday:WW Bagel with lite Cream Cheese

Thursday:WW Muffin, assorted flavors

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Welcome to our @ Lunch Cafe

Hamden Spring Glen Elementary School

September 2017

WHITSONS School Nutrition

We proudly support clean, organic, local and sustainable agriculture.

HARVEST of the MONTH

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Cheese Pizza *crispy pizza dough topped with tomato sauce and melted cheese* Pepperoni Pizza Caesar Salad Pear and Pineapple Cup
4 No School Labor Day	5 Stuffed Bread Sticks *baked bread sticks filled with melted cheese* Chicken Caesar Wrap Veggie Dippers Pineapple Tidbits	6 Cheeseburger *burger topped with cheese on a freshly toasted bun* Or Jelly Sandwich with String CheeseOven Baked Fries Fresh Red Grapes	7 Chicken Quesadilla Or Chef SaladSauteed Corn & Black Bean Salsa Fresh Apple	8 Cheese Pizza *crispy pizza dough topped with tomato sauce and melted cheese* Pepperoni Pizza Carroteenies Banana
11 Chicken Nuggets *crispy breaded chicken nuggets perfect for dipping in your favorite sauce* Or Veggie BurgerSteamed Broccoli Apple 100% Juice	12 Nachos Grande *tortilla chips topped with mexi style meat and cheese sauce* Or Turkey Ranch WrapMild Salsa Brown Rice Diced Pears	13 Mac & Cheese *pasta in cheese sauce, garnished with parsely* Or Jelly Sandwich with String CheeseWhole Wheat Dinner Roll Four Bean Salad Mixed Dried Fruit	14 BBQ Rib Sandwich *BBQ rib patty on a bun* Or Chef SaladVegetable Fried Rice Veggie Dippers Sliced Oranges	15 Cheese Pizza *crispy pizza dough topped with tomato sauce and melted cheese* Pepperoni Pizza Caesar Salad Apple 100% Juice
18 Chicken Tenders Or Turkey BurgerOven Baked Fries Steamed Broccolini Fresh Apple	19 Pasta & Meatballs *freshly baked meatballs with tomato sauce over pasta* Or Buffalo Chicken WrapWhole Wheat Dinner Roll Greek Side Salad Pear and Pineapple Cup	20 Grilled Cheese with Bacon *grilled cheese with layers of crisp bacon on toasty bread* Or Veggie BurgerBaked Potato Wedges Carroteenies Apple Cherry 100% Juice	21 No School Rosh Hashanah	22 Cheese Pizza *crispy pizza dough topped with tomato sauce and melted cheese* Pepperoni Pizza Garden Salad Sliced Peaches
25 Popcorn Chicken *breaded chicken bites baked to perfection* Or Veggie BurgerCorn Pineapple Chunks	26 Crispy Chicken Sandwich *crispy breaded chicken on a bun* Or Tuna & Cheese WrapOven Baked Fries Veggie Dippers Fresh Red Grapes	27 Turkey Hot Dog on Bun *turkey hot dog on soft bun* Or Graham Cracker ParfaitVegetarian Baked Beans Mixed Fruit	28 Crispy Tacos *crispy taco shells filled with taco meat and cheddar cheese* Or BBQ Chicken WrapRed Beans Brown Rice Fresh Apple	29 Cheese Pizza *crispy pizza dough topped with tomato sauce and melted cheese* Pepperoni Pizza Greek Side Salad Banana

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Alternative Daily Lunch Options

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OR

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Welcome to our @ Lunch Cafe

Hamden West Woods Elementary School

September 2017

WHITSONS School Nutrition

HARVEST of the MONTH

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Monday	Tuesday	Wednesday	Thursday	Friday
				1 Cheese Pizza *crispy pizza dough topped with tomato sauce and melted cheese* Pepperoni Pizza Caesar Salad Pear and Pineapple Cup
4 No School Labor Day	5 Stuffed Bread Sticks *baked bread sticks filled with melted cheese* Chicken Caesar Wrap Veggie Dippers Pineapple Tidbits	6 Cheeseburger *burger topped with cheese on a freshly toasted bun* Or Jelly Sandwich with String CheeseOven Baked Fries Fresh Red Grapes	7 Chicken Quesadilla Or Chef SaladSauteed Corn & Black Bean Salsa Fresh Apple	8 Cheese Pizza *crispy pizza dough topped with tomato sauce and melted cheese* Pepperoni Pizza Carroteenies Banana
11 Chicken Nuggets *crispy breaded chicken nuggets perfect for dipping in your favorite sauce* Or Veggie BurgerSteamed Broccoli Apple 100% Juice	12 Nachos Grande *tortilla chips topped with mexi style meat and cheese sauce* Or Turkey Ranch WrapMild Salsa Brown Rice Diced Pears	13 Mac & Cheese *pasta in cheese sauce, garnished with parsely* Or Jelly Sandwich with String CheeseWhole Wheat Dinner Roll Four Bean Salad Mixed Dried Fruit	14 BBQ Rib Sandwich *BBQ rib patty on a bun* Or Chef SaladVegetable Fried Rice Veggie Dippers Sliced Oranges	15 Cheese Pizza *crispy pizza dough topped with tomato sauce and melted cheese* Pepperoni Pizza Caesar Salad Apple 100% Juice
18 Chicken Tenders Or Turkey BurgerOven Baked Fries Steamed Broccolini Fresh Apple	19 Pasta & Meatballs *freshly baked meatballs with tomato sauce over pasta* Or Buffalo Chicken WrapWhole Wheat Dinner Roll Greek Side Salad Pear and Pineapple Cup	20 Grilled Cheese with Bacon *grilled cheese with layers of crisp bacon on toasty bread* Or Veggie BurgerBaked Potato Wedges Carroteenies Apple Cherry 100% Juice	21 No School Rosh Hashanah	22 Cheese Pizza *crispy pizza dough topped with tomato sauce and melted cheese* Pepperoni Pizza Garden Salad Sliced Peaches
25 Popcorn Chicken *breaded chicken bites baked to perfection* Or Veggie BurgerCorn Pineapple Chunks	26 Crispy Chicken Sandwich *crispy breaded chicken on a bun* Or Tuna & Cheese WrapOven Baked Fries Veggie Dippers Fresh Red Grapes	27 Turkey Hot Dog on Bun *turkey hot dog on soft bun* Or Graham Cracker ParfaitVegetarian Baked Beans Mixed Fruit	28 Crispy Tacos *crispy taco shells filled with taco meat and cheddar cheese* Or BBQ Chicken WrapRed Beans Brown Rice Fresh Apple	29 Cheese Pizza *crispy pizza dough topped with tomato sauce and melted cheese* Pepperoni Pizza Greek Side Salad Banana

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OR

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Monday/Wednesday/Friday :

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Tuesday:WW Bagel with lite Cream Cheese

Thursday:WW Muffin, assorted flavors

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Breakfast Prices:Full Paid **$1.15** Reduced **$0.30**

Choice of milk and assorted fresh fruits and vegetables are available daily as part of any school lunch.

Menus are subject to change. Please call 203-230-1010 for further information

*Consuming raw or under cooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions. Menu is subject to change, notice posted when available. USDA is an equal opportunity provider, employer, and lender.