

Hamden High School

Welcome to our
Lunch Cafe

11/1/2017 - 11/3/2017

Monday

Tuesday

Wednesday

Thursday

Friday



Chicken Caesar Wrap
Caesar salad with crispy
chicken in a wrap

Buffalo Chicken Wrap
Buffalo chicken wrapped in
a tortilla with lettuce and
tomato
Chicken Caesar Wrap

Turkey Ranch Wrap
turkey breast with lettuce,
tomato and ranch on a
wrap
Chicken Caesar Wrap

Available Daily: Assorted Boars Head cold cuts, cheeses and whole grain rich bread, rolls and wraps along with vegetable toppings



Eggplant Parm Hero
breaded eggplant with
sauce and melted
mozzarella on a club roll
Pasta with Sauce
Caesar Salad

Bacon Cheeseburger
burger topped with cheese
and bacon on a freshly
toasted bun
Onion Rings
Garlic Spear Pickle

Pancakes & Sausage
light and fluffy pancakes
served with a sausage
patty
Tator Tots
Syrup



Chicken Nugget &
Mozzarella Stick Combo
everyone's two favorite
foods on one plate! Crispy
chicken nuggets and
gooey mozzarella sticks
served with dipping sauce

Meatball Parnesan
Sandwich
warm meatballs on a roll,
topped with tomato sauce
and melted mozzarella
cheese

Fish Sandwich
fish fillet on a bun with
cheese

Available Daily: Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches



Pepperoni Pizza
cheese pizza topped with
pepperoni
Broccoli Pizza

Pepperoni Pizza
cheese pizza topped with
pepperoni
Buffalo Chicken Pizza

Calzone 3 Cheese
calzone stuffed with three
delicious melted cheeses

Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough



Cobb Salad
fresh lettuce topped with
bacon, baked chicken,
shredded cheddar, and
chopped egg

Greek Side Salad
fresh lettuce topped with
tomato, cucumber, red
onion, feta cheese, and
olives

Chef Salad
fresh lettuce topped with
sliced deli meats and
cheeses

Available Daily: Garden Salad, Chef Salad, Caesar Salad. Includes whole wheat dinner roll and your choice of fruit and milk



Chicken Fajita
seasoned chicken with
sautéed onions and
peppers topped with
tomato, lettuce, and
cheese on a tortilla

Burrito
fiesta style meat with sour
cream, refried beans, rice,
cheddar, lettuce and salsa
wrapped in a tortilla

Nachos Grande
tortilla chips topped with
mexi style meat and
cheese sauce

Available Daily: Nachos, Cripsy and Soft Tacos, Mexi-Rice with your choice of Mexi Beef, Mexi Chicken, Mexi Veg, Refried Beans, Cheese



Macaroni Salad
Potato Salad

Bean Salad
Potato Salad

Crudite & Cheese
Platter
cucumber, carrots, pepper
slices and tomatoes,
served with a buttermilk
ranch dressing for dipping,
and mozzarella cheese
fresh vegetables

Available Daily: Romaine with Tomatoes, Two Fresh Fruits, Two Canned Fruits, Carroteenies or other



SIMPLY ROOTED
in food & family

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Meal price includes: protein choice, fresh veggie choice, fresh fruit choice & bread choice.
At least two types of milk available daily: 1% low fat unflavored, fat free flavored, fat free unflavored.
Available daily with salad lunch: protein choice, whole grain item, fruit choice & milk choice

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Hamden High School

Welcome to our
Lunch Cafe

11/6/2017 - 11/10/2017

Monday

Tuesday

Wednesday

Thursday

Friday



BBQ Turkey Wrap
*turkey breast, bbq sauce,
lettuce and tomato on a
wrap*

No School
Election Day

Chicken Caesar Wrap
*Caesar salad with crispy
chicken in a wrap*

Buffalo Chicken Wrap
*warm chicken marinated in
Buffalo sauce wrapped in a
tortilla with lettuce and
tomato*

No School
Veteran's Day

Available Daily: Assorted Boars Head cold cuts, cheeses and whole grain rich bread, rolls and wraps along with vegetable toppings



Grilled Cheese
*melted cheese on golden
toasted bread*
Tomato Soup

Chicken Tikka Masala
*grilled chicken in a tikka
masala sauce*
Brown Rice
Sauteed Onions &
Peppers

Grilled Cheese with
Bacon
*grilled cheese with layers
of crisp bacon on toasty
bread*
Potato Chips
Pickle Chips



BBQ Rib Sandwich
BBQ rib patty on a bun

Chicken Nugget &
Mozzarella Stick Combo
*everyone's two favorite
foods on one plate! Crispy
chicken nuggets and
gooey mozzarella sticks
served with dipping sauce*

Meatball Parnesan
Sandwich
*warm meatballs on a roll,
topped with tomato sauce
and melted mozzarella
cheese*

Available Daily: Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches



Pepperoni Pizza
*cheese pizza topped with
pepperoni*

Broccoli Pizza
*pizza dough topped with
fresh mozzarella cheese
and broccoli florets*

Buffalo Chicken Pizza
*cheese pizza topped with
Buffalo chicken pieces*

Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough



Garden Salad Entree
*fresh garden salad topped
with meat*

Cobb Salad
*fresh lettuce topped with
bacon, baked chicken,
shredded cheddar, and
chopped egg*

Greek Side Salad
*fresh lettuce topped with
tomato, cucumber, red
onion, feta cheese, and
olives*

Available Daily: Garden Salad, Chef Salad, Caesar Salad. Includes whole wheat dinner roll and your choice of fruit and milk



Soft Taco
*fiesta-style meat with
melted cheese arranged in
a soft taco shell*

Chicken Fajita
*seasoned chicken with
sauteed onions and
peppers topped with
tomato, lettuce, and
cheese on a tortilla*

Burrito
*fiesta style meat with sour
cream, refried beans, rice,
cheddar, lettuce and salsa
wrapped in a tortilla*

Available Daily: Nachos, Cripsy and Soft Tacos, Mexi-Rice with your choice of Mexi Beef, Mexi Chicken, Mexi Veg, Refried Beans, Cheese



Potato Salad

Macaroni Salad
Potato Salad

Bean Salad
Potato Salad



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Hamden High School

Welcome to our
Lunch Cafe

11/13/2017 - 11/17/2017

Monday

Tuesday

Wednesday

Thursday

Friday



BBQ Turkey Wrap
*turkey breast, bbq sauce,
lettuce and tomato on a
wrap*

Tuna Salad Wrap*
*fresh chunky tuna salad
with field greens and
tomatoes served in a wrap*

Chicken Caesar Wrap
*Caesar salad with crispy
chicken in a wrap*

Buffalo Chicken Wrap
*warm chicken marinated in
Buffalo sauce wrapped in a
tortilla with lettuce and
tomato*

Turkey Ranch Wrap
*turkey breast with lettuce,
tomato and ranch on a
wrap*

Available Daily: Assorted Boars Head cold cuts, cheeses and whole grain rich bread, rolls and wraps along with vegetable toppings



Chicken Tenders
*crispy chicken tenders
perfect for dipping in your
favorite sauce*
Corn
Oven Baked Fries

Buffalo Chicken Mac & Cheese
*pasta in cheese sauce,
topped with buffalo style
chicken and garnished with
parsely*
Garden Salad

Roasted Turkey with Gravy
*oven roasted turkey breast
smothered with gravy*
Mashed Potatoes
Cranberry Sauce
Corn
Apple with Caramel Sauce

Chicken Quesadilla
*grilled flour tortilla filled
with juicy chicken and
melty cheese*
Mexi Rice

Chicken Bowl with Gravy
*popcorn chicken layered
with mashed potatoes and
corn, smothered in gravy*
Whole Wheat Dinner Roll



BBQ Rib Sandwich
BBQ rib patty on a bun

BBQ Chicken Sandwich
*baked chicken smothered
in BBQ sauce on a bun*

Chicken Nugget & Mozzarella Stick Combo
*everyone's two favorite
foods on one plate! Crispy
chicken nuggets and
gooey mozzarella sticks
served with dipping sauce*

Meatball Parmesan Sandwich
*warm meatballs on a roll,
topped with tomato sauce
and melted mozzarella
cheese*

Fish Sandwich
*fish fillet on a bun with
cheese*

Available Daily: Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches



Pepperoni Pizza
*cheese pizza topped with
pepperoni*

Bacon Pizza
*pizza dough topped with
tomato sauce, cheese and
crispy bacon*

Broccoli Pizza
*pizza dough topped with
fresh mozzarella cheese
and broccoli florets*

Buffalo Chicken Pizza
*cheese pizza topped with
Buffalo chicken pieces*

Calzone 3 Cheese
*calzone stuffed with three
delicious melted cheeses*

Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough



Garden Salad Entree
*fresh garden salad topped
with meat*

Chicken Waldorf Salad
with Dinner Rolls
*diced fresh apples,
chopped celery, sour
cream and grilled chicken
salad*

Cobb Salad
*fresh lettuce topped with
bacon, baked chicken,
shredded cheddar, and
chopped egg*

Greek Side Salad
*fresh lettuce topped with
tomato, cucumber, red
onion, feta cheese, and
olives*

Chef Salad
*fresh lettuce topped with
sliced deli meats and
cheeses*

Available Daily: Garden Salad, Chef Salad, Caesar Salad. Includes whole wheat dinner roll and your choice of fruit and milk



Soft Taco
*fiesta-style meat with
melted cheese arranged in
a soft taco shell*

Nachos with Cheese
*creamy cheese layered
over a bed of nachos*

Chicken Fajita
*seasoned chicken with
sautéed onions and
peppers topped with
tomato, lettuce, and
cheese on a tortilla*

Burrito
*fiesta style meat with sour
cream, refried beans, rice,
cheddar, lettuce and salsa
wrapped in a tortilla*

Nachos Grande
*tortilla chips topped with
mexi style meat and
cheese sauce*

Available Daily: Nachos, Cripsy and Soft Tacos, Mexi-Rice with your choice of Mexi Beef, Mexi Chicken, Mexi Veg, Refried Beans, Cheese



Potato Salad

Veggie Dippers
*carrots and celery sticks
paired with dressing for
dipping*

Macaroni Salad

Bean Salad
Potato Salad

Crudite & Cheese
Platler
*cucumber, carrots, pepper
slices and tomatoes,
served with a buttermilk
ranch dressing for dipping,
and mozzarella cheese*



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Available daily with salad lunch: protein choice, whole grain item, fruit choice & milk choice

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Hamden High School

Welcome to our
Lunch Cafe

11/20/2017 - 11/24/2017

Monday

Tuesday

Wednesday

Thursday

Friday



BBQ Turkey Wrap
*turkey breast, bbq sauce,
lettuce and tomato on a
wrap*

Tuna Salad Wrap*
*fresh chunky tuna salad
with field greens and
tomatoes served in a wrap*

Chicken Caesar Wrap
*Caesar salad with crispy
chicken in a wrap*

Available Daily: Assorted Boars Head cold cuts, cheeses and whole grain rich bread, rolls and wraps along with vegetable toppings



Chicken Parmesan Over
Pasta
*oven baked chicken
topped with sauce and
melted cheese, all over
pasta*
Garden Salad
Garlic Bread

Bean & Veggie Burrito
*a whole wheat burrito,
stuffed with fiesta rice,
veggies, kidney beans and
cheddar cheese, served
with salsa and sour cream*
Mexi Rice

Stuffed Bread Sticks
*baked bread sticks filled
with melted cheese*
Caesar Salad



BBQ Rib Sandwich
BBQ rib patty on a bun

BBQ Chicken Sandwich
*baked chicken smothered
in BBQ sauce on a bun*

Chicken Nugget &
Mozzarella Stick Combo
*everyone's two favorite
foods on one plate! Crispy
chicken nuggets and
gooey mozzarella sticks
served with dipping sauce*

Available Daily: Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches



Pepperoni Pizza
*cheese pizza topped with
pepperoni*

Bacon Pizza
*pizza dough topped with
tomato sauce, cheese and
crispy bacon*

Broccoli Pizza
*pizza dough topped with
fresh mozzarella cheese
and broccoli florets*

Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough



Garden Salad Entree
*fresh garden salad topped
with meat*

Chicken Waldorf Salad
with Dinner Rolls
*diced fresh apples,
chopped celery, sour
cream and grilled chicken
salad*

Cobb Salad
*fresh lettuce topped with
bacon, baked chicken,
shredded cheddar, and
chopped egg*

Available Daily: Garden Salad, Chef Salad, Caesar Salad. Includes whole wheat dinner roll and your choice of fruit and milk



Soft Taco
*fiesta-style meat with
melted cheese arranged in
a soft taco shell*

Nachos with Cheese
*creamy cheese layered
over a bed of nachos*

Chicken Fajita
*seasoned chicken with
sautéed onions and
peppers topped with
tomato, lettuce, and
cheese on a tortilla*

Available Daily: Nachos, Cripsy and Soft Tacos, Mexi-Rice with your choice of Mexi Beef, Mexi Chicken, Mexi Veg, Refried Beans, Cheese



Potato Salad

Veggie Dippers
*carrots and celery sticks
paired with dressing for
dipping*

Macaroni Salad



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Hamden High School

Welcome to our
Lunch Cafe

11/27/2017 - 11/30/2017

Monday

Tuesday

Wednesday

Thursday

Friday



BBQ Turkey Wrap
*turkey breast, bbq sauce,
lettuce and tomato on a
wrap*

Tuna & Cheese Wrap
*tuna salad with cheese,
lettuce and tomato on a
wrap*

Chicken Caesar Wrap
*Caesar salad with crispy
chicken in a wrap*

Buffalo Chicken Wrap
*Buffalo chicken wrapped in
a tortilla with lettuce and
tomato*

Available Daily: Assorted Boars Head cold cuts, cheeses and whole grain rich bread, rolls and wraps along with vegetable toppings



Steamed Dumplings
*stuffed dumplings perfect
for dipping in your favorite
Asian sauce*
Vegetable Fried Rice
Green Beans

Pasta & Meatballs
*freshly baked meatballs
with tomato sauce over
pasta*
Caesar Salad

Chicken & Vegetable
Rice Bowl
*fluffy rice topped with
vegetable stir fry and
baked chicken*

Philly Cheese Sandwich
*beef topped with sauteed
peppers, onions and
melted cheese on a lightly
toasted bun*



St. Louis BBQ Rib
Sandwich*
*boneless ribs in bbq
sauce with cheddar and
onion rings on a bun*

BBQ Chicken
*chicken coated in BBQ
sauce*

Chicken Nugget &
Mozzarella Stick Combo
*everyone's two favorite
foods on one plate! Crispy
chicken nuggets and
gooey mozzarella sticks
served with dipping sauce*

Meatball Parmesan
Sandwich
*warm meatballs on a roll,
topped with tomato sauce
and melted mozzarella
cheese*

Available Daily: Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches



Cheese Pizza
*crispy pizza dough topped
with tomato sauce and
melted cheese*

Bacon Mushroom Pizza
*cheese pizza topped with
crispy bacon and fresh
mushrooms*

Pepperoni Pizza
*cheese pizza topped with
pepperoni*

Buffalo Chicken Pizza
*cheese pizza topped with
Buffalo chicken pieces*

Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough



Chicken Caesar Salad
*fresh romaine topped with
parmesan cheese,
chicken, and croutons*

Salad Plate With Crispy
Chicken
*fresh garden salad topped
with baked crispy chicken*

Cobb Salad
*fresh lettuce topped with
bacon, baked chicken,
shredded cheddar, and
chopped egg*

Greek Side Salad
*fresh lettuce topped with
tomato, cucumber, red
onion, feta cheese, and
olives*

Available Daily: Garden Salad, Chef Salad, Caesar Salad. Includes whole wheat dinner roll and your choice of fruit and milk



Crispy Tacos
*crispy taco shells filled with
taco meat and cheddar
cheese*

BBQ Chicken Nachos
*crispy nacho tortilla chips
with chicken, carrots,
tomatoes and cabbage*

Chicken Fajita
*seasoned chicken with
sauteed onions and
peppers topped with
tomato, lettuce, and
cheese on a tortilla*

Burrito
*fiesta style meat with sour
cream, refried beans, rice,
cheddar, lettuce and salsa
wrapped in a tortilla*

Available Daily: Nachos, Crispy and Soft Tacos, Mexi-Rice with your choice of Mexi Beef, Mexi Chicken, Mexi Veg, Refried Beans, Cheese



Veggie Dippers
*carrots and celery sticks
paired with dressing for
dipping*

Potato Salad

Macaroni Salad

Bean Salad



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