

# Welcome to our Lunch Cafe at...

Hamden West Woods Elementary School

September  
2019

Monday

Tuesday

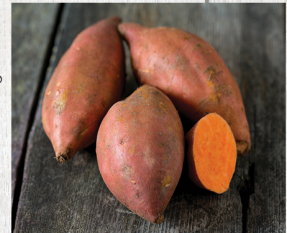
Wednesday




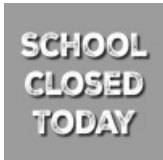
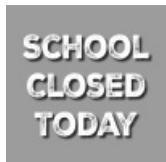
Thursday

Friday

## HARVEST of the MONTH

Whitsons proudly supports clean, sustainable agriculture! We also focus on using ingredients that are locally sourced, all-natural, organic and non-GMO whenever possible.



<p>2</p> 	<p>3</p> <p>Mixed Up Chicken <i>golden chicken nuggets and chicken tenders with a dinner roll</i> Mixed Vegetables Sliced Peaches Oven Baked Fries Or Italian Wrap</p>	<p>4</p> <p>Beef and Cheese Quesadilla <i>melted cheese with homemade fiesta beef folded inside a grilled tortilla</i> 🌱 Fresh Orange Spicy Garbanzo Bean Salad Or Turkey &amp; Cheese Combo Meal</p>	<p>5</p> <p>Cheesy Stuffed Bread Sticks <i>baked bread sticks filled with melted cheese</i> 🌱 Garden Salad Or Combo Sandwich</p>	<p>6</p> <p>Hand Crafted Cheese Pizza 🌱🍌 Or Hand Crafted Pepperoni Pizza 🍌 Pineapple Cup Cucumber Coins</p>
<p>9</p> <p>Crispy Chicken Sandwich <i>warm crispy breaded chicken on a bun prepared in-house</i> Pineapple Cup Sweet Potato Fries Or Beef &amp; Cheese Combo Meal</p> 	<p>10</p> <p>Crispy Tacos <i>homemade spicy taco meat inside a crispy taco shell topped with cheese</i> 🍌 Brown Rice Or Italian Wrap Black Beans Salsa 100% Juice Fruit Punch</p>	<p>11</p> <p>General Tso's Chicken 🍌 Or Turkey &amp; Cheese Combo Meal Fresh Pear Brown Rice Steamed Broccoli</p>	<p>12</p> <p>Turkey Hot Dog on Bun <i>turkey hot dog on soft bun</i> Oven Baked Fries Fresh Orange Or Combo Sandwich</p>	<p>13</p> <p>Hand Crafted Cheese Pizza 🌱🍌 Or Hand Crafted Pepperoni Pizza 🍌 Fresh Pear Celery Sticks</p>
<p>16</p> <p>Chicken Nuggets <i>crispy breaded chicken nuggets perfect for dipping in your favorite sauce</i> Steamed Carrots Fresh Apple Homemade Garlic Bread Or Sunbutter Sandwich, Cheese Stick, Raisins, WG Crackers and Juice</p>	<p>17</p> <p>Nachos Grande <i>tortilla chips topped with freshly prepared mexi style meat and cheese sauce</i> 🍌 Black Beans Fresh Orange Or Italian Wrap</p>	<p>18</p> <p>Hot Open Turkey Sandwich with Gravy <i>thinly sliced turkey breast over bread topped with gravy</i> Steamed Broccoli Apple Cherry 100% Juice Or Turkey &amp; Cheese Combo Meal</p>	<p>19</p> <p>Whole Grain Waffles with Sausage <i>light and crispy waffles served with a sausage patty</i> Or Combo Sandwich Crispy Potato Puffs</p>	<p>20</p> <p>Hand Crafted Cheese Pizza 🌱🍌 Or Hand Crafted Pepperoni Pizza 🍌 Sliced Peaches Celery Sticks</p>
<p>23</p> <p>Crispy Popcorn Chicken <i>crispy breaded chicken bites baked to perfection</i> Sliced Peaches Dinner Roll Baked Sweet Potato Or Beef &amp; Cheese Combo Meal</p> 	<p>24</p> <p>Chicken Cheese Quesadilla <i>hand crafted grilled flour tortilla filled with juicy chicken and melty cheese</i> Confetti Kidney Bean Salad Or Italian Wrap</p>	<p>25</p> <p>Chicken Club Sandwich <i>hand crafted sandwich with grilled chicken, crispy bacon, lettuce and juicy tomatoes</i> 🍌 Crispy Potato Puffs Pineapple Cup Or Turkey &amp; Cheese Combo Meal Garden Salad</p>	<p>26</p> <p>Hand Crafted Cheese Pizza 🌱🍌 Or Hand Crafted Pepperoni Pizza 🍌 Fresh Pear Celery Sticks</p>	<p>27</p> 
<p>30</p> 				



Whitsons is offering Meatless Monday options! Studies have shown that increasing the amount of plant based proteins in your diet may reduce the risk of chronic preventable conditions such as cancer, cardiovascular disease and obesity.



### 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)

Lunch Prices: Full Paid \$2.71 Reduced \$0.40

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

### Available Daily:

A variety of fresh and canned fruits. Assorted fresh vegetables served with dipping sauces.

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

If you have any questions or would like additional information regarding this menu please contact your food service director Randall Mel Jr. at 203-230-1010



VEGETARIAN



MADE WITH NATURAL INGREDIENTS



PORK



MADE WITH ORGANIC INGREDIENTS

\*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. This institution is an equal opportunity provider.