

Welcome to our Lunch Cafe at...

Hamden Helen Street Elementary School

October 2019

Monday



Tuesday

Wednesday

Thursday

Friday

1 Mixed Up Chicken golden chicken nuggets and chicken tenders with a dinner roll
Or Chicken Salad Sandwich
Oven Baked Fries
Sliced Peaches



2 Chicken Bowl with Gravy popcorn chicken layered with mashed potatoes and corn, smothered in gravy
Or Chef Salad
Four Bean Salad
Fresh Apple



3 Cheesy Stuffed Bread Sticks
baked bread sticks filled with melted cheese
Or Ham & Cheese Sandwich
Garden Salad
Pineapple Cup

4 Cheese Pizza fresh pizza dough layered with tomato sauce, topped with cheese and baked until crisp
Or Hand Crafted Pepperoni Pizza
Fresh Baby Carrots
Cucumber Coins

7 Crispy Chicken Sandwich warm crispy breaded chicken on a bun prepared in-house
Or Fish Patty Melt Sandwich
Pineapple Cup
Oven Baked Fries

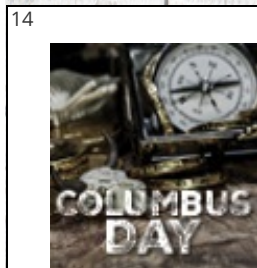
8 Crispy Tacos homemade spicy taco meat inside a crispy taco shell topped with cheese
Brown Rice Pilaf
Spicy Black Bean Salad
Or BBQ Chicken Wrap

9 SCHOOL CLOSED TODAY

10 Turkey Hot Dog on Bun turkey hot dog on soft bun
Or Fruity Parfait
Sweet Potato Fries
Apple 100% Juice



11 Cheese Pizza fresh pizza dough layered with tomato sauce, topped with cheese and baked until crisp
Or Hand Crafted Pepperoni Pizza
Broccoli Bites



15 Nachos Grande tortilla chips topped with freshly prepared mexi style meat and cheese sauce
Black Beans
Fresh Apple
Or BLT Sandwich



16 Cheese Ravioli with Tomato Sauce baked ravioli in tomato sauce
Or Chicken Caesar Salad
Steamed Broccoli
Homemade Garlic Bread

17 Belgium Waffle Bites
Crispy Potato Puffs
Or Jelly Sandwich with String Cheese
Fresh Banana
Fresh Baby Carrots



18 Cheese Pizza fresh pizza dough layered with tomato sauce, topped with cheese and baked until crisp
Or Hand Crafted Pepperoni Pizza
Cinnamon Applesauce
Red Pepper Strips



21 Crispy Popcorn Chicken crispy breaded chicken bites baked to perfection
Or Cheesy Stuffed Bread Sticks
Mixed Vegetables
Whole Wheat Dinner Roll
Sliced Peaches

22 Chicken Cheese Quesadilla hand crafted grilled flour tortilla filled with juicy chicken and melted cheese
Confetti Kidney Bean Salad
Or Turkey & Cheese Sandwich

23 Egg and Cheese Sandwich warm breakfast sandwich prepared in-house and topped with fluffy eggs and melted cheese
Or Ham & Cheese Sandwich
Crispy Potato Puffs
Garden Salad

24 Grilled Cheese Sandwich golden toasted bread with melted gooey cheese pressed and prepared in-house
Tomato Soup
Fresh Grapes

1/2 Day today; No "B" Lunch

25 Cheese Pizza fresh pizza dough layered with tomato sauce, topped with cheese and baked until crisp
Or Hand Crafted Pepperoni Pizza
Pineapple Cup
Green Pepper Slices
Apple Cobbler Side

28 Mixed Up Chicken golden chicken nuggets and chicken tenders with a dinner roll
Or Mozzarella Sticks
Green Beans



29 Cheeseburger burger topped with cheese on a freshly toasted bun
Baked Beans
Or Whole Grain Fish Sticks

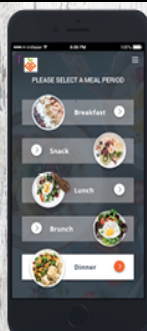


30 Whole Grain French Toast slices of French toast baked to perfection
Crispy Potato Puffs
Or Ham & Cheese Sandwich
Garden Salad
IT'S BRUNCH FOR LUNCH TIME

31 General Tso's Chicken crispy chicken with broccoli in General Tso's sauce
Or Jelly Sandwich with String Cheese
Steamed Broccoli
Fresh Banana
Brown Rice Pilaf



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



We are Simply Rooted® in food and family and our menus are nutritious and flavorful.

Check out our new mobile menu at www.FDMealPlanner.com or download

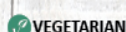
FD MealPlanner free of charge, from the App Store or Google Play, and view your menu on your mobile device anywhere.



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 \$2.75 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.