

# Hamden High School

Welcome to our  
Lunch Cafe

10/1/2019 - 10/4/2019

**MEATLESS MONDAY**












**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

		<p>Tuna Salad Wrap* fresh chunky tuna salad with field greens and tomatoes served in a wrap 🥗 Or Egg Salad Wrap 🥗</p>	<p>Chicken Caesar Wrap freshly made tortilla wrap filled with sliced chicken, crisp lettuce, and cheese topped with low-fat Caesar dressing 🥗</p>	<p>BLT Wrap freshly made wrap filled with crispy bacon, lettuce, tomato and cheese 🥗</p>	<p>Turkey Ranch Wrap turkey breast with lettuce, tomato and ranch on a wrap 🥗</p>
Available Daily: Assorted Boars Head cold cuts, cheeses and whole grain rich bread, rolls and wraps along with vegetable toppings					
 		<p>Chicken Nuggets crispy breaded chicken nuggets perfect for dipping in your favorite sauce Sweet Potato Fries</p>	<p>Soft Tacos freshly prepared fiesta-style meat with melted cheese wrapped in a warm soft taco shell 🥗</p>	<p>Steamed Dumplings stuffed dumplings perfect for dipping in your favorite Asian sauce 🥗 Brown Rice Steamed Broccoli <b>FLAVES</b></p>	<p>Fiesta Taco Salad homemade crunchy tortilla bowl filled with fiesta style beef, crisp cucumbers, tomatoes, lettuce and shredded cheddar cheese 🥗</p>
		<p>Barbecue Rib Sandwich warm BBQ rib patty on a bun prepared in-house</p>	<p>Chicken Club Sandwich hand crafted sandwich with grilled chicken, crispy bacon, lettuce and juicy tomatoes 🥗</p>	<p>Philly Cheese Steak thinly sliced beef topped with sauteed peppers, onions and melted cheese on a lightly toasted bun prepared in-house 🥗</p>	<p>Fish Fillet with Cheese Sandwich warm sandwich prepared in-house, topped with crispy fish fillet and melted cheese 🥗</p>
Available Daily: Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches					
		<p>Cheese Ravioli with Tomato Sauce baked ravioli in tomato sauce 🥗</p>	<p>Homemade Baked Pasta with Cheese pasta topped with melted cheese, baked to perfection 🥗</p>	<p>Mozzarella Sticks crispy mozzarella sticks filled with gooey cheese, perfect for dipping into your favorite sauce 🥗</p>	<p>Homemade Meatball Calzone fresh dough lightly brushed with garlic and oil sauce made from scratch, rolled with low fat seasoned ricotta and mozzarella cheeses, meatball slices, basil</p>
Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough					
		<p>Greek Salad romaine lettuce with cucumbers, tomatoes, feta cheese, black olives and red onions 🥗 Chicken Waldorf Salad with Dinner Rolls 🥗</p>	<p>Cobb Salad fresh lettuce topped with bacon, baked chicken, shredded cheddar, and chopped egg 🥗</p>	<p>Greek Salad romaine lettuce with cucumbers, tomatoes, feta cheese, black olives and red onions 🥗</p>	<p>Chicken Caesar Salad fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls 🥗</p>
Available Daily: Garden Salad, Chef Salad, Caesar Salad. Includes whole wheat dinner roll and your choice of fruit and milk					
 		<p>Strawberry Apple Smoothie strawberries, apple juice, yogurt and honey 🥗 Roger Rabbit Smoothie 🥗</p>		<p>Mango Madness Smoothie a fresh blend of yogurt, milk and mango 🥗 Strawberry Banana Smoothie</p>	
		<p>Celery &amp; Carrot Sticks w/ Low Fat Dressing carrots and celery sticks paired with dressing for dipping</p>	<p>Macaroni Salad</p>	<p>Cole Slaw</p>	<p>Cucumber Coins</p>
Salad Bar Available Daily; Choices include selection of green leafy vegetable base, choice of protein and choice of side veggies, condiments and toppings					

WHITSON'S  
School Nutrition


**SIMPLY ROOTED**  
in food & family

We are Simply Rooted™ in food and family. Our menus are healthy, nutritious and flavorful, made from wholesome ingredients. We are phasing out processed foods and instead, offering more natural, organic and non GMO options. We also offer gluten and allergen free foods and purchase locally when seasonally available. Check us out at [www.Whitsons.com](http://www.Whitsons.com).

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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 **VEGETARIAN**

 **MADE WITH NATURAL INGREDIENTS**

 **PORK**

 **MADE WITH ORGANIC INGREDIENTS**



# Hamden High School

Welcome to our  
Lunch Cafe

10/7/2019 - 10/11/2019

**MEATLESS MONDAY**












**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

	<p>Honey Mustard Chicken Wrap freshly sliced chicken strips arranged under crisp lettuce and tomatoes drizzled with honey mustard dressing in a soft tortilla wrap 🌱🌱</p>	<p>Tuna Salad Wrap* fresh chunky tuna salad with field greens and tomatoes served in a wrap 🌱 Egg Salad Wrap 🌱</p>	<p><b>SCHOOL CLOSED TODAY</b></p>	<p>BLT Wrap freshly made wrap filled with crispy bacon, lettuce, tomato and cheese 🌱</p>	<p>Turkey Ranch Wrap turkey breast with lettuce, tomato and ranch on a wrap 🌱🌱</p>
<p>Available Daily: Assorted Boars Head cold cuts, cheeses and whole grain rich bread, rolls and wraps along with vegetable toppings</p>					
 	<p>Nachos Grande tortilla chips topped with freshly prepared mexi style meat and cheese sauce 🌱</p>	<p>Chicken Bowl with Gravy popcorn chicken layered with mashed potatoes and corn, smothered in gravy 🌱</p>	<p><b>SCHOOL CLOSED TODAY</b></p>	<p>Grilled Cheese Sandwich golden toasted bread with melted gooey cheese pressed and prepared in-house 🌱 Tomato Soup</p>	<p>Fiesta Taco Salad homemade crunchy tortilla bowl filled with fiesta style beef, crisp cucumbers, tomatoes, lettuce and shredded cheddar cheese 🌱</p>
	<p>Cheesy Veggie Burger warm veggie burger topped with melted cheese on a soft bun 🌱🌱</p>	<p>Barbecue Rib Sandwich warm BBQ rib patty on a bun prepared in-house</p>	<p><b>SCHOOL CLOSED TODAY</b></p>	<p>Philly Cheese Steak thinly sliced beef topped with sauteed peppers, onions and melted cheese on a lightly toasted bun prepared in-house 🌱</p>	<p>Fish Fillet with Cheese Sandwich warm sandwich prepared in-house, topped with crispy fish fillet and melted cheese 🌱</p>
<p>Available Daily: Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches</p>					
	<p>Homemade three Cheese Calzone calzone stuffed with three delicious melted cheeses 🌱🌱 Pizzadilla 🌱</p>	<p>Cheese Ravioli with Tomato Sauce baked ravioli in tomato sauce 🌱🌱 Homemade Meat and Cheese Stromboli 🌱</p>	<p><b>SCHOOL CLOSED TODAY</b></p>	<p>Mozzarella Sticks crispy mozzarella sticks filled with gooey cheese, perfect for dipping into your favorite sauce 🌱 Homemade Ham Pepperoni and Cheese Stromboli 🌱</p>	<p>Homemade Meatball Calzone fresh dough lightly brushed with garlic and oil sauce made from scratch, rolled with low fat seasoned ricotta and mozzarella cheeses, meatball slices, basil</p>
<p>Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough</p>					
	<p>Garden Salad with Hard Boiled Eggs &amp; Dinner Rolls garden salad with tomato, cucumber, carrot, and hard boiled eggs 🌱🌱</p>	<p>Greek Salad romaine lettuce with cucumbers, tomatoes, feta cheese, black olives and red onions 🌱🌱 Chicken Waldorf Salad with Dinner Rolls 🌱</p>	<p><b>SCHOOL CLOSED TODAY</b></p>	<p>Greek Salad romaine lettuce with cucumbers, tomatoes, feta cheese, black olives and red onions 🌱🌱</p>	<p>Chicken Caesar Salad fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls 🌱</p>
<p>Available Daily: Garden Salad, Chef Salad, Caesar Salad. Includes whole wheat dinner roll and your choice of fruit and milk</p>					
 		<p>Strawberry Apple Smoothie strawberries, apple juice, yogurt and honey 🌱🌱🌱 Roger Rabbit Smoothie 🌱🌱🌱</p>	<p><b>SCHOOL CLOSED TODAY</b></p>	<p>Mango Madness Smoothie a fresh blend of yogurt, milk and mango 🌱🌱🌱 Strawberry Banana Smoothie</p>	
	<p>Potato Salad</p>	<p>Celery &amp; Carrot Sticks w/ Low Fat Dressing carrots and celery sticks paired with dressing for dipping</p>	<p><b>SCHOOL CLOSED TODAY</b></p>	<p>Cole Slaw</p>	<p>Cucumber Coins</p>

**WHITSON'S** School Nutrition

## SIMPLY ROOTED

in food & family

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 **VEGETARIAN**
 **MADE WITH NATURAL INGREDIENTS**
 **PORK**
 **MADE WITH ORGANIC INGREDIENTS**



# Hamden High School

Welcome to our  
Lunch Cafe

10/14/2019 - 10/18/2019

**MEATLESS MONDAY**








**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

<div><div>Great AMERICAN SANDWICH CO.</div></div>		Tuna Salad Wrap* fresh chunky tuna salad with field greens and tomatoes served in a wrap 🌱🌱 Egg Salad Wrap 🌱	Chicken Caesar Wrap freshly made tortilla wrap filled with sliced chicken, crisp lettuce, and cheese topped with low-fat Caesar dressing 🌱🌱	BLT Wrap freshly made wrap filled with crispy bacon, lettuce, tomato and cheese 🌱	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			
<div><div>World MARKET</div><div>Coyote GRILL</div></div>		Cheesy Stuffed Bread Sticks baked bread sticks filled with melted cheese 🌱 Caesar Salad	Soft Tacos freshly prepared fiesta-style meat with melted cheese wrapped in a warm soft taco shell 🌱	General Tso's Chicken crispy chicken with broccoli in General Tso's sauce 🌱 Brown Rice	Fiesta Taco Salad homemade crunchy tortilla bowl filled with fiesta style beef, crisp cucumbers, tomatoes, lettuce and shredded cheddar cheese 🌱
<div><div>Miss RUBY'S GRILL</div></div>			Barbecue Rib Sandwich warm BBQ rib patty on a bun prepared in-house	Chicken Club Sandwich hand crafted sandwich with grilled chicken, crispy bacon, lettuce and juicy tomatoes 🌱	Philly Cheese Steak thinly sliced beef topped with sauteed peppers, onions and melted cheese on a lightly toasted bun prepared in-house 🌱
Available Daily: Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches					
<div><div>La CUCINA</div></div>		Cheese Ravioli with Tomato Sauce baked ravioli in tomato sauce 🌱🌱 Homemade Meat and Cheese Stromboli 🌱	Homemade Baked Pasta with Cheese pasta topped with melted cheese, baked to perfection 🌱🌱🌱 Homemade three Cheese Calzone 🌱🌱	Mozzarella Sticks crispy mozzarella sticks filled with gooey cheese, perfect for dipping into your favorite sauce 🌱 Homemade Ham Pepperoni and Cheese Stromboli 🌱🌱	Homemade Meatball Calzone fresh dough lightly brushed with garlic and oil sauce made from scratch, rolled with low fat seasoned ricotta and mozzarella cheeses, meatball slices, basil
Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough					
<div><div>Fruit EXPRESS</div></div>		Greek Salad romaine lettuce with cucumbers, tomatoes, feta cheese, black olives and red onions 🌱🌱 Chicken Waldorf Salad with Dinner Rolls 🌱	Cobb Salad fresh lettuce topped with bacon, baked chicken, shredded cheddar, and chopped egg 🌱	Greek Salad romaine lettuce with cucumbers, tomatoes, feta cheese, black olives and red onions 🌱🌱	Chicken Caesar Salad fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls 🌱
Available Daily: Garden Salad, Chef Salad, Caesar Salad. Includes whole wheat dinner roll and your choice of fruit and milk					
<div><div>Shakey JOE'S</div><div>Great AMERICAN SANDWICH CO.</div></div>		Strawberry Apple Smoothie strawberries, apple juice, yogurt and honey 🌱🌱🌱 Roger Rabbit Smoothie 🌱🌱🌱	Mean Green Berry Smoothie made with yogurt, baby spinach, strawberries, blueberries, bananas & apple juice 🌱🌱🌱 Strawberry Pineapple Smoothie 🌱🌱🌱	Mango Madness Smoothie a fresh blend of yogurt, milk and mango 🌱🌱🌱 Strawberry Banana Smoothie	Strawberry Orange Smoothie a blend of vanilla yogurt with fresh strawberries and orange juice 🌱🌱 Chunky Monkey Smoothie 🌱🌱🌱
<div><div>Healthy HARVEST</div></div>			Celery & Carrot Sticks w/ Low Fat Dressing carrots and celery sticks paired with dressing for dipping	Macaroni Salad	Cole Slaw

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🌱 **VEGETARIAN** 🌱 **MADE WITH NATURAL INGREDIENTS** 🐷 **PORK** 🌱 **MADE WITH ORGANIC INGREDIENTS**



# Hamden High School

Welcome to our  
Lunch Cafe

10/21/2019 - 10/25/2019

**MEATLESS MONDAY**














**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

	<p>Honey Mustard Chicken Wrap freshly sliced chicken strips arranged under crisp lettuce and tomatoes drizzled with honey mustard dressing in a soft tortilla wrap 🌱</p>	<p>Tuna Salad Wrap* fresh chunky tuna salad with field greens and tomatoes served in a wrap 🌱 Egg Salad Wrap 🌱</p>	<p>Chicken Caesar Wrap freshly made tortilla wrap filled with sliced chicken, crisp lettuce, and cheese topped with low-fat Caesar dressing 🌱</p>	<p>BLT Wrap freshly made wrap filled with crispy bacon, lettuce, tomato and cheese 🌱</p>	<p>Turkey Ranch Wrap turkey breast with lettuce, tomato and ranch on a wrap 🌱</p>
Available Daily: Assorted Boars Head cold cuts, cheeses and whole grain rich bread, rolls and wraps along with vegetable toppings					
 	<p>Nachos Grande tortilla chips topped with freshly prepared mexi style meat and cheese sauce 🌱</p>	<p>Baked Chicken Tenders crispy chicken tenders perfect for dipping in your favorite sauce Baked Potato Wedges</p>	<p>Soft Tacos freshly prepared fiesta-style meat with melted cheese wrapped in a warm soft taco shell 🌱</p>	<p>Guy's Fries </p>	<p>Fiesta Taco Salad homemade crunchy tortilla bowl filled with fiesta style beef, crisp cucumbers, tomatoes, lettuce and shredded cheddar cheese 🌱</p>
	<p>Cheesy Veggie Burger warm veggie burger topped with melted cheese on a soft bun 🌱</p>	<p>Barbecue Rib Sandwich warm BBQ rib patty on a bun prepared in-house</p>	<p>Chicken Club Sandwich hand crafted sandwich with grilled chicken, crispy bacon, lettuce and juicy tomatoes 🌱</p>	<p>Philly Cheese Steak thinly sliced beef topped with sauteed peppers, onions and melted cheese on a lightly toasted bun prepared in-house 🌱</p>	<p>Fish Fillet with Cheese Sandwich warm sandwich prepared in-house, topped with crispy fish fillet and melted cheese 🌱</p>
Available Daily: Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches					
	<p>Homemade three Cheese Calzone calzone stuffed with three delicious melted cheeses 🌱 Pizzadilla 🌱</p>	<p>Cheese Ravioli with Tomato Sauce baked ravioli in tomato sauce 🌱 Homemade Meat and Cheese Stromboli 🌱</p>	<p>Homemade Baked Pasta with Cheese pasta topped with melted cheese, baked to perfection 🌱 Homemade three Cheese Calzone 🌱</p>	<p>Mozzarella Sticks crispy mozzarella sticks filled with gooey cheese, perfect for dipping into your favorite sauce 🌱 Homemade Ham Pepperoni and Cheese Stromboli 🌱</p>	<p>Homemade Meatball Calzone fresh dough lightly brushed with garlic and oil sauce made from scratch, rolled with low fat seasoned ricotta and mozzarella cheeses, meatball slices, basil</p>
Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough					
	<p>Garden Salad with Hard Boiled Eggs &amp; Dinner Rolls garden salad with tomato, cucumber, carrot, and hard boiled eggs 🌱</p>	<p>Greek Salad romaine lettuce with cucumbers, tomatoes, feta cheese, black olives and red onions 🌱 Chicken Waldorf Salad with Dinner Rolls 🌱</p>	<p>Cobb Salad fresh lettuce topped with bacon, baked chicken, shredded cheddar, and chopped egg 🌱</p>	<p>Greek Salad romaine lettuce with cucumbers, tomatoes, feta cheese, black olives and red onions 🌱</p>	<p>Chicken Caesar Salad fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls 🌱</p>
Available Daily: Garden Salad, Chef Salad, Caesar Salad. Includes whole wheat dinner roll and your choice of fruit and milk					
 	<p></p>	<p>Strawberry Apple Smoothie strawberries, apple juice, yogurt and honey 🌱 Roger Rabbit Smoothie 🌱</p>	<p></p>	<p>Mango Madness Smoothie a fresh blend of yogurt, milk and mango 🌱 Strawberry Banana Smoothie</p>	<p></p>
	<p>Potato Salad</p>	<p>Celery &amp; Carrot Sticks w/ Low Fat Dressing carrots and celery sticks paired with dressing for dipping</p>	<p>Macaroni Salad</p>	<p>Cole Slaw</p>	<p>Cucumber Coins</p>

WHITSON'S  
School Nutrition

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

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 VEGETARIAN  MADE WITH NATURAL INGREDIENTS  PORK  MADE WITH ORGANIC INGREDIENTS



# Hamden High School

Welcome to our  
Lunch Cafe

10/28/2019 - 10/31/2019

**MEATLESS MONDAY**












**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

	<p>Honey Mustard Chicken Wrap freshly sliced chicken strips arranged under crisp lettuce and tomatoes drizzled with honey mustard dressing in a soft tortilla wrap 🌱🥗</p>	<p>Tuna Salad Wrap* fresh chunky tuna salad with field greens and tomatoes served in a wrap 🥗 Egg Salad Wrap 🥗</p>	<p>Chicken Caesar Wrap freshly made tortilla wrap filled with sliced chicken, crisp lettuce, and cheese topped with low-fat Caesar dressing 🥗🥗</p>	<p>BLT Wrap freshly made wrap filled with crispy bacon, lettuce, tomato and cheese 🥗</p>	
Available Daily: Assorted Boars Head cold cuts, cheeses and whole grain rich bread, rolls and wraps along with vegetable toppings					
 	<p>Nachos Grande tortilla chips topped with freshly prepared mexi style meat and cheese sauce 🥗</p>	<p>Belgium Waffle with Caramelized Apples fluffy Belgium waffle topped with freshly prepared caramelized apples 🥗🥗 Turkey Sausage Patty Crispy Potato Puffs</p>	<p>Soft Tacos freshly prepared fiesta-style meat with melted cheese wrapped in a warm soft taco shell 🥗</p>	<p>Homemade Pasta &amp; Meatballs freshly baked meatballs with tomato sauce over pasta 🥗🥗 Caesar Salad</p>	
	<p>Cheesy Veggie Burger warm veggie burger topped with melted cheese on a soft bun 🥗🥗</p>	<p>Barbecue Rib Sandwich warm BBQ rib patty on a bun prepared in-house</p>	<p>Chicken Club Sandwich hand crafted sandwich with grilled chicken, crispy bacon, lettuce and juicy tomatoes 🥗</p>	<p>Philly Cheese Steak thinly sliced beef topped with sauteed peppers, onions and melted cheese on a lightly toasted bun prepared in-house 🥗</p>	
Available Daily: Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches					
	<p>Homemade three Cheese Calzone calzone stuffed with three delicious melted cheeses 🥗🥗 Pizzadilla 🥗</p>	<p>Cheese Ravioli with Tomato Sauce baked ravioli in tomato sauce 🥗🥗 Homemade Meat and Cheese Stromboli 🥗</p>	<p>Homemade Baked Pasta with Cheese pasta topped with melted cheese, baked to perfection 🥗🥗 Homemade three Cheese Calzone 🥗🥗</p>	<p>Mozzarella Sticks crispy mozzarella sticks filled with gooey cheese, perfect for dipping into your favorite sauce 🥗 Homemade Ham Pepperoni and Cheese Stromboli 🥗</p>	
Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough					
	<p>Garden Salad with Hard Boiled Eggs &amp; Dinner Rolls garden salad with tomato, cucumber, carrot, and hard boiled eggs 🥗🥗</p>	<p>Greek Salad romaine lettuce with cucumbers, tomatoes, feta cheese, black olives and red onions 🥗🥗 Chicken Waldorf Salad with Dinner Rolls 🥗</p>	<p>Cobb Salad fresh lettuce topped with bacon, baked chicken, shredded cheddar, and chopped egg 🥗</p>	<p>Greek Salad romaine lettuce with cucumbers, tomatoes, feta cheese, black olives and red onions 🥗🥗</p>	
Available Daily: Garden Salad, Chef Salad, Caesar Salad. Includes whole wheat dinner roll and your choice of fruit and milk					
 		<p>Strawberry Apple Smoothie strawberries, apple juice, yogurt and honey 🥗🥗🥗 Roger Rabbit Smoothie 🥗🥗🥗</p>		<p>Mango Madness Smoothie a fresh blend of yogurt, milk and mango 🥗🥗🥗 Strawberry Banana Smoothie</p>	
	<p>Potato Salad</p>	<p>Celery &amp; Carrot Sticks w/ Low Fat Dressing carrots and celery sticks paired with dressing for dipping</p>	<p>Macaroni Salad</p>	<p>Cole Slaw</p>	

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 VEGETARIAN

 MADE WITH NATURAL INGREDIENTS

 PORK

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