


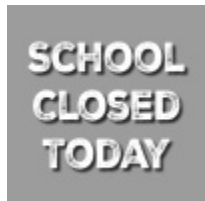






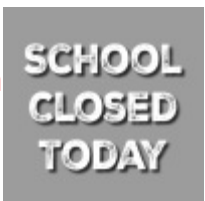




# Welcome to our Lunch Cafe

## Hamden Elementary Schools

**November 2020**

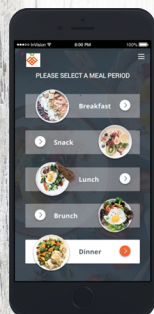
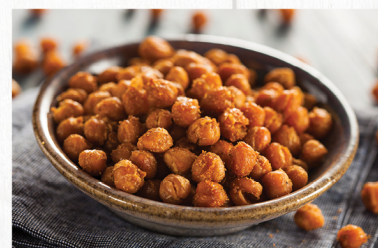
The USDA has approved FREE breakfast and lunch for all students for schools on the NSLP/SBP for the 2020-2021 school year. Meals are approved to be served for in person and virtual learners. Please inquire with your schools district office to see if your school is participating.

Monday	Tuesday	Wednesday	Thursday	Friday
2 	3 	4 Lasagna Roll Up with Green Beans Heartzel Pretzels	5 Chicken Tenders with Roasted Potatoes Heartzel Pretzels	6 Classic Cheese Pizza   Cucumber Coins
Weekly "B" Lunch: Chicken Patty Sandwich "C" Bagel Lunch Always Available Choice of Milk, fruits and vegetables daily				
9 Teriyaki Chicken with Brown Rice and Steamed Corn	10 Toasted Cheese Sandwich Fresh Baby Carrots	11 Turkey Hot Dog on WW Bun Baked Beans	12 Chicken Tenders with Roasted Potatoes Broccoli Bites Heartzel Pretzels	13 Classic Cheese Pizza   Celery Sticks
Weekly "B" Lunch: Beef Patty "C" Bagel Lunch Always Available Choice of Milk, fruits and vegetables daily				
16 General Tso's Chicken w/ Rice & Carrots	17 Lasagna Roll Up with Green Beans Heartzel Pretzels Mozzarella String Cheese	18 Egg & Cheese on WG English Muffin Baked Beans	19 Chicken Tenders with Roasted Potatoes Broccoli Bites Heartzel Pretzels	20 Classic Cheese Pizza   Broccoli Bites
Weekly "B" Cheeseburger "C" Bagel Lunch Always Available Choice of Milk, fruits and vegetables daily				
23 Beef Patty with Cheese on WW Bun Sweet Potato Fries	24 Macaroni and Cheese with Steamed Broccoli Broccoli Bites	25 	26 	27 
Weekly "B" Lunch: Chicken Patty Sandwich "C" Bagel Lunch Always Available Choice of Milk, fruits and vegetables daily				
30 Teriyaki Chicken with Brown Rice and Steamed Corn				

## 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.

Weekly "B" Lunch: Beef Patty  
"C" Bagel Lunch Always Available  
Choice of Milk, fruits and vegetables daily

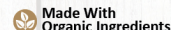
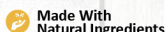


We are Simply Rooted® in food and family and our menus are nutritious and flavorful. Check out our mobile menu at [www.FDMealPlanner.com](http://www.FDMealPlanner.com) or download FD MealPlanner free of charge, from the App Store or Google Play, and view your menu on your mobile device anywhere.



**Student Pricing:**  
We encourage a "Cashless System" During COVID-19, please contact your school secretary or Food Service Office for more information

**Available Daily:**  
Choice of Low-Fat Plain Milk, Lactose-Free Milk or Chocolate Fat-Free Milk  
Choice of Fruit including: Fresh Apples, Oranges, Bananas, Pears. Pre-wrapped peaches, pears, pineapples and applesauce  
Choice of Vegetables: Baby Carrots, Celery, Cucumbers, Pepper Strips and Broccoli



\*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.