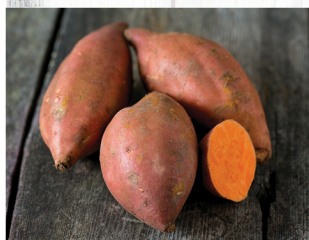


Welcome to our Lunch Cafe

Hamden Elementary Schools

September
2020

Monday



Tuesday

1 Beef Patty on WW Bun
Fresh Baby Carrots

Wednesday

2 Beef Ribeye on WW
Bun
Baked Beans

Thursday

3 Chicken Tenders with
Roasted Potatoes
Heartzel Pretzels

Friday

4 Classic Cheese Pizza
Cucumber Coins

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

7



8 Toasted Cheese
Sandwich
Fresh Baby Carrots

9 Turkey Hot Dog on WW
Bun
Baked Beans

10 Chicken Tenders with
Roasted Potatoes
Broccoli Bites
Heartzel Pretzels

11 Classic Cheese Pizza
Celery Sticks

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

14 General Tso's Chicken
w/ Rice & Carrots

15 Lasagna Roll Up with
Green Beans
Heartzel Pretzels
Mozzarella String
Cheese

16 Egg & Cheese on WG
English Muffin
Baked Beans

17 Chicken Tenders with
Roasted Potatoes
Heartzel Pretzels

18 Classic Cheese Pizza
Broccoli Bites

Weekly "B" Lunch: Chicken Cutlet Sandwich
"C" Bagel Lunch Always Available
Choice of Milk, fruits and vegetables daily

21 Beef Patty with Cheese
on WW Bun
Sweet Potato Fries

22 Macaroni and Cheese
with Broccoli
Broccoli Bites

23 WM Grilled Chicken
Breast on WW Bun
Baked Beans

24 Chicken Tenders with
Roasted Potatoes
Heartzel Pretzels

25

SCHOOL
CLOSED
TODAY

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

28

SCHOOL
CLOSED
TODAY

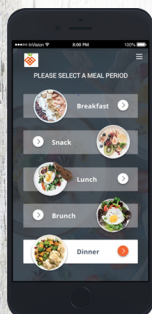
29 Beef Patty on WW Bun
Baked Beans

30 Beef Ribeye on WW
Bun
Fresh Baby Carrots

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

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.



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



Student Pricing:

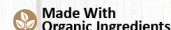
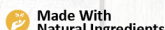
Full: \$2.75

Reduced: \$0.40

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.