

# Welcome to our Lunch Cafe at...

Hamden Bear Path Elementary School

April 2019

MEATLESS MONDAY




Monday


Tuesday


Wednesday

Thursday




Friday


1 Crispy Chicken Sandwich  
warm crispy breaded chicken on  
a bun prepared in-house  
Or Cheesy Veggie Burger  
  
Fresh Banana  
Garden Salad  






2 Roasted Turkey with  
Gravy  
oven roasted turkey breast  
smothered with gravy  
Fluffy Mashed Potatoes  
Steamed Carrots  
Or Fish Fillet with Cheese  
Sandwich   
Fresh Orange  
Dinner Rolls



3 Mexican Style Chicken  
diced chicken cooked with  
mexican style spices   
With Nachos with Cheese  
  
Spicy Black Bean Salad   
Or Turkey & Cheese  
Sandwich  
Apple 100% Juice  
Brown Rice  
**NEW**


4 Cheeseburger  
burger topped with cheese on a  
freshly toasted bun  
Sweet Potato Fries  
Cinnamon Applesauce  
  
1/2 Day No "B" Lunch





5 Cheese Pizza  
crispy pizza dough topped with  
tomato sauce and melted cheese  
  
Or Pepperoni Pizza   
Pineapple Cup  
Cucumber Coins

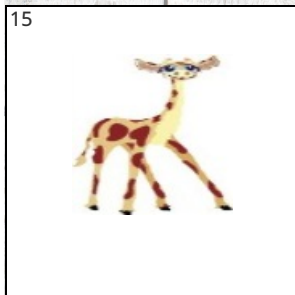
8 Chicken Nuggets  
crispy breaded chicken nuggets  
perfect for dipping in your favorite  
sauce  
Or Stuffed Bread   
Sweet Potato Fries  
Apple Cherry 100% Juice

9 Crispy Tacos  
homemade spicy taco meat  
inside a crispy taco shell topped  
with cheese   
Brown Rice  
Black Beans   
Salsa  
Turkey Ranch Wrap   
100% Juice Fruit Punch

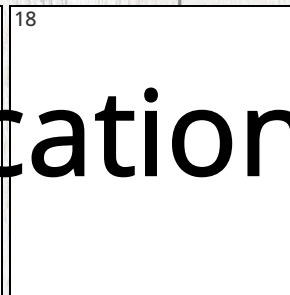
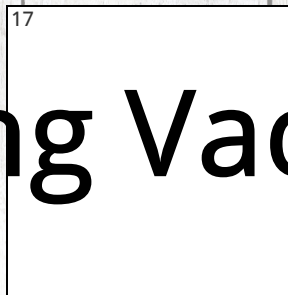
10 Chicken Bowl with Gravy  
  
Or Chicken Salad Wrap   
Sliced Peaches  
Fresh Baby Carrots  
Garlic Bread

11 Hot Open Turkey  
Sandwich with Gravy  
thinly sliced turkey breast over  
bread topped with gravy  
Fluffy Mashed Potatoes  
Or Philly Cheese Steak   
Fresh Orange




12 Barbecue Rib Sandwich  
warm BBQ rib patty on a bun  
prepared in-house  
Or Cheesy Veggie Burger  
  
Caesar Salad   
Fresh Apple





# Spring Vacation










22 Mixed Up Chicken  
Mixed Vegetables  
Or Mozzarella Sticks   
Sliced Peaches  
Whole Wheat Dinner Roll

23 Beef and Cheese  
Quesadilla   
Side Salad  
Pineapple Cup  
Or Jelly Sandwich with  
String Cheese   
**NEW**

24 Whole Grain Waffles with  
Sausage  
light and crispy waffles served  
with a sausage patty  
Crispy Potato Puffs  
Or Ham & Cheese  
Sandwich   
Fresh Apple  


25 Nachos Grande  
tortilla chips topped with freshly  
prepared mexi style meat and  
cheese sauce   
Black Beans   
Fresh Orange  
Or Chicken Caesar Wrap  
  
**Lucky Tray Day!**

26 Cheese Pizza  
crispy pizza dough topped with  
tomato sauce and melted cheese  
  
Or Pepperoni Pizza   
Apple 100% Juice  
Fresh Baby Carrots

29 Baked Chicken Tenders  
crispy chicken tenders perfect for  
dipping in your favorite sauce  
Whole Wheat Dinner Roll  
Fresh Orange  
Caesar Salad   
Or Veggie Burger 

30 Turkey Hot Dog on Bun  
Or Chicken Salad  
Sandwich   
Baked Potato Wedges  
Diced Pear Cup  
Baked Beans  


## 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.

  
**WHITSONS**  
School Nutrition



At Whitsons, we know that good nutrition fuels students for optimal performance, both mentally and physically. We work hard to make sure all of our menus are healthy, nutritious and taste good. To learn more visit us at [www.Whitsons.com](http://www.Whitsons.com) or scan our QR code to see all that we are doing to keep our young customers healthy!



**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 \$2.7! 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.

Choice of low-fat or skim milk available daily

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 Jessica Hill 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.