



Welcome to our Lunch Cafe

Hamden Elementary Schools

July
2021

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

Saturday

Sunday

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.



1 Sunbutter and Jelly Sandwich
Fresh Apple
Celery Sticks

2 WG Pizza Lunch Kit
Pineapple Cup
Chilled Red Pepper Strips

3 Turkey Ham and Cheese Sandwich
Fresh Orange
Baby Carrots

4 Ham & Cheese Sandwich
Sliced Peaches
Cucumber Coins

5 Bacon & Cheese Egg Bites with Potatoes
Fresh Orange
Whole Grain Pretzel Stick

6 Turkey Bologna, Turkey Salami and Cheese on a Hamburger Bun
Cucumber Coins
Craisins

7 Lasagna Roll Up with Green Beans
Sliced Peaches
Heartzel Pretzels

8 Anytimer Chicken, Turkey Ham and Cheese Wedge
Fresh Apple
Celery Sticks

9 WG Pizza Lunch Kit
Fresh Orange
Baby Carrots

10 Sunbutter and Jelly Sandwich
Fresh Apple
Baby Carrots

11 Anytimer Chicken, Turkey Ham and Cheese Wedge
Fresh Apple
Baby Carrots

12 General Tso's Chicken w/ Rice & Carrots
Applesauce

13 Anytimer Chicken, Turkey Ham and Cheese Wedge
Fresh Orange
Green Pepper Slices

14 Turkey Hot Dog on WW Bun
Diced Peaches
Broccoli Bites

15 Turkey Ham and Cheese Sandwich
Craisins
Cucumber Coins

16 WG Pizza Lunch Kit
Craisins
Chilled Red Pepper Strips

17 Turkey Ham and Cheese Sandwich
Fresh Apple
Baby Carrots

18 Ham & Cheese Sandwich
Diced Pear Cup
Baby Carrots

19 WM Breaded Chicken Cutlet on WW Bun
Baby Carrots
Pineapple Cup

20 Turkey Ham and Cheese Sandwich
Turkey Ham & Cheese Sandwich
Craisins
Celery Sticks

21 Beef Ribeye with Baked Beans
Fresh Orange
Whole Grain Pretzel Stick

22 Turkey and Cheese Sandwich
Cucumber Coins
Fresh Apple

23 WG Pizza Lunch Kit
Cucumber Coins
Sliced Peaches

24 Sunbutter and Jelly Sandwich
Fresh Apple
Baby Carrots

25 Anytimer Chicken, Turkey Ham and Cheese Wedge
Fresh Apple
Baby Carrots

26 Lasagna Roll Up with Green Beans
Fresh Orange
Heartzel Pretzels

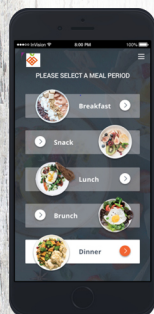
27 Turkey Bologna, Turkey Salami and Cheese on a Hamburger Bun
Fresh Apple
Celery Sticks

28 General Tso's Chicken w/ Rice & Carrots
Applesauce

29 Anytimer Chicken, Turkey Ham and Cheese Wedge
Cucumber Coins
Craisins

30 WG Pizza Lunch Kit
Sliced Peaches
Chilled Red Pepper Strips

31 Turkey Ham and Cheese Sandwich
Fresh Orange
Baby Carrots

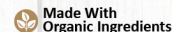
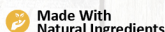


We are Simply Rooted® in food and family and our menus are nutritious and flavorful. Check out our mobile menu at www.FDMealPlanner.com or download FD MealPlanner free of charge, from the App Store or Google Play, and view your menu on your mobile device anywhere.



All Meals Available to children at NO CHARGE
Various Seasonal Fruit
Available Weekly
Choice of Vegetables:
Baby Carrots, Cucumbers, Celery, Broccoli Bites, Pepper Strips.

Available Daily
Choice of Milk: Low Fat 1% Milk, Fat-Free Chocolate Milk or Lactose Free Milk
Choice of Fruit: Apples, Oranges, Diced Pears, Sliced Peaches, Pineapple Tidbits, Applesauce



*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.