

# Welcome to our Lunch Cafe at...

Hamden Elementary Schools

November 2019

Monday

Tuesday

Wednesday

Thursday

Friday

## 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 Cheese Pizza  
fresh pizza dough layered with tomato sauce, topped with cheese and baked until crisp 🍕  
Or Hand Crafted Pepperoni Pizza 🍕  
Fresh Baby Carrots  
Cucumber Coins

- 4 Crispy Chicken Sandwich  
warm crispy breaded chicken on a bun prepared in-house  
Pineapple Cup  
Four Bean Salad  
Or Organic Vegan Burger 🌱🍷🍌  
Baked Potato Wedges

SCHOOL CLOSED TODAY

- 6 Mozzarella Sticks  
crispy mozzarella sticks filled with gooey cheese, perfect for dipping into your favorite sauce 🍷  
Fresh Cucumber Salad  
Chickpea Salad  
Or Chicken Delight Wrap  
100% Juice Fruit Punch



- 7 Turkey Hot Dog on Bun  
turkey hot dog on soft bun  
Or Fruity Parfait 🍷🍌  
Sweet Potato Fries  
Apple 100% Juice



- 8 Pizza Bagel  
melted cheese and tomato sauce on a toasted bagel, baked to perfection 🍷🍌  
Or Hand Crafted Pepperoni Pizza 🍕  
Broccoli Bites

- 11 Chicken Nuggets  
Or Whole Grain Fish Sticks  
Oven Baked Fries  
Diced Pear Cup

- 12 Crispy Tacos  
homemade spicy taco meat inside a crispy taco shell topped with cheese 🍷  
Or BLT Sandwich 🍷  
Chili Roasted Garbanzo Beans  
Fresh Apple  
Brown Rice Pilaf



- 13 Cheese Ravioli with Tomato Sauce  
baked ravioli in tomato sauce 🍷  
Caesar Salad  
Or Egg & Bacon Wrap  
Apple 100% Juice



- 14 Belgium Waffle Bites  
Crispy Potato Puffs  
Or Jelly Sandwich with String Cheese 🍷🍌  
Fresh Banana  
Fresh Baby Carrots  
Turkey Sausage Patty



- 15 Cheese Pizza  
fresh pizza dough layered with tomato sauce, topped with cheese and baked until crisp 🍕  
Hand Crafted Pepperoni Pizza 🍕  
Cinnamon Applesauce  
Red Pepper Strips  
Green Pepper Slices

- 18 Crispy Popcorn Chicken  
Or Cheesy Stuffed Bread Sticks 🍷  
Whole Wheat Dinner Roll  
Sliced Peaches  
Steamed Broccoli

- 19 Chicken Cheese Quesadilla  
hand crafted grilled flour tortilla filled with juicy chicken and melty cheese ❤️  
Confetti Kidney Bean Salad  
Or Turkey & Cheese Sandwich

- 20 Roasted Turkey with Gravy  
Fluffy Mashed Potatoes  
Buttered Corn  
Baked Sweet Potato

Thanksgiving Meal

- 21 Grilled Cheese Sandwich  
golden toasted bread with melted gooey cheese pressed and prepared in-house 🍷  
Tomato Soup  
Ham & Cheese Sandwich  
Celery Sticks

- 22 Cheese Pizza  
fresh pizza dough layered with tomato sauce, topped with cheese and baked until crisp 🍕  
Pineapple Cup  
Green Pepper Slices  
Cucumber Coins

1/2 day: No "B" Lunch

- 25 Baked Chicken Tenders  
Celery & Carrot Sticks w/ Low Fat Dressing  
Apple Grape 100% Juice  
Or Whole Grain Fish Sticks

- 26 Egg and Cheese Sandwich  
warm breakfast sandwich prepared in-house and topped with fluffy eggs and melted cheese 🍷  
Crispy Potato Puffs  
Fresh Pear  
1/2 day: Broccoli Bites

- 27 Burger  
burger on a freshly toasted bun  
Baked Beans  
Sliced Peaches

1/2 day: No "B" Lunch

- 28



SCHOOL CLOSED TODAY

Lucky Tray Day!



We are Simply Rooted® in food and family. Our menus are healthy, nutritious and flavorful, made from wholesome ingredients. We are moving towards phasing out processed foods and instead, offering more all natural, organic or non-GMO options.



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 \$2.75 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. 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 Randall Mel Jr. at 203-230-1010



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.