## Welcome to our Lunch Cafe at...

**Hamden Elementary Schools** 

Monday

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of the

Whitsons proudly supports clean, sustainable agriculture! We also focus on using ingredients that are locally sourced, all-natural, organic and non-GMO whenever possible.

Wednesday



**Thursday** 



Friday

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

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

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



Turkey Hot Dog on Bun turkey hot dog on soft bun Or Fruity Parfait @ 🔗 🚷 Sweet Potato Fries Apple 100% Juice



Pizza Bagel melted cheese and tomato sauce on a toasted bagel, baked to perfection 👩 🤔 Or Hand Crafted

Pepperoni Pizza 🤭 Broccoli Bites

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

18 Crispy Popcorn Chicken

Or Cheesy Stuffed Bread Sticks

Whole Wheat Dinner Roll

Sliced Peaches

Steamed Broccoli

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

Cheese Ravioli with Tomato Sauce baked ravioli in tomato sauce 🤗

> Caesar Salad Or Egg & Bacon Wrap Apple 100% Juice



Belgium Waffle Bites Crispy Potato Puffs Or Jelly Sandwich with String Cheese 🚱 🤔 Fresh Banana Fresh Baby Carrots



Cheese Pizza fresh pizza dough layered with tomato sauce, topped with cheese and baked until crisp 😝 Hand Crafted Pepperoni

> Cinnamon Applesauce Red Pepper Strips Green Pepper Slices

Pizza 🤗

Chicken Cheese Quesadilla hand crafted grilled flour tortilla filled with juicy chicken and melty cheese 🧡

> Confetti Kidney Bean Salad Or Turkey & Cheese Sandwich

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

Thanksgiving Meal

Grilled Cheese Sandwich golden toasted bread with melted gooey cheese pressed and prepared in-house 🍘

Tomato Soup Ham & Cheese Sandwich

Celery Sticks

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 dav: No "B" Lunch

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

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: BoodBcolinBites

Burger burger on a freshly toasted bun Baked Beans Sliced Peaches

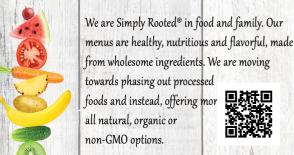
1/2 day: No "B" Lunch



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## LUCKY Tray Day!



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





