

# Welcome to our Lunch Cafe at...

Hamden Bear Path Elementary School

May 2019

MEATLESS MONDAY

Monday

**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.



Tuesday

Wednesday

Thursday

Friday

6 Crispy Chicken Sandwich  
*warm crispy breaded chicken on a bun prepared in-house*  
Or Fish Fillet with Cheese Sandwich  
Pineapple Cup  
Steamed Carrots

7 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

8 General Tso's Chicken  
Fresh Pear  
Brown Rice  
Chicken Salad Wrap  
Steamed Broccoli

9 Turkey Hot Dog on Bun  
*turkey hot dog on soft bun*  
Fruity Parfait  
Oven Baked Fries  
Fresh Orange

10 Cheese Pizza  
Or Pepperoni Pizza  
Fresh Pear  
Celery Sticks

13 Sweet & Sour Chicken  
Sauce & Toss  
Steamed Broccoli  
Brown Rice  
Or Turkey & Cheese Sandwich  
Sliced Peaches

14 Homemade Baked Pasta  
with Cheese  
Steamed Carrots  
Or Chicken Caesar Salad  
Fresh Apple

15 Homemade Ritz Cracker  
Crusted Fish  
Or Ham & Cheese Sandwich  
Watermelon Slices  
Oven Baked Fries

16 Mission Burrito  
Brown Rice  
Or Chicken Nuggets  
Sauteed Corn & Black Bean Salsa

17 Pizzadilla  
Or French Bread Pizza  
Cucumber Coins  
Pineapple Cup

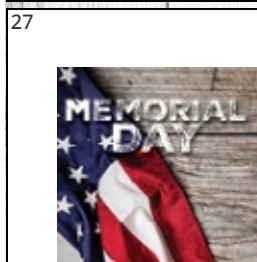
20 Mixed Up Chicken  
Mixed Vegetables  
Or Mozzarella Sticks  
Sliced Peaches

21 Hot Open Turkey  
Sandwich with Gravy  
Chicken Caesar Salad  
Steamed Broccoli  
Apple Cherry 100% Juice

22 Chicken Club Sandwich  
Crispy Potato Puffs  
Or Ham & Cheese Sandwich  
Pineapple Cup

23 Nachos Grande  
*tortilla chips topped with freshly prepared mexi style meat and cheese sauce*  
Black Beans  
Fresh Orange  
Or Turkey & Cheese Sandwich

24 Cheese Pizza  
Pepperoni Pizza  
Apple 100% Juice  
Fresh Baby Carrots



27  
28 Chicken Nuggets  
*crispy breaded chicken nuggets perfect for dipping in your favorite sauce*  
Or Chicken Salad Sandwich  
Diced Pear Cup  
Steamed Broccoli  
Oven Baked Fries

29 Burger  
*burger on a freshly toasted bun*  
Baked Beans  
Or Jelly Sandwich with String Cheese  
Apple 100% Juice

30 Grilled Cheese Sandwich  
*golden toasted bread with melted gooey cheese pressed and prepared in-house*  
Cinnamon Applesauce  
Steamed Carrots  
Or Turkey & Cheese Sandwich

31 Cheese Pizza  
Or Pepperoni Pizza  
Apple 100% Juice  
Cucumber Coins



At Whitsons, we believe that providing young students with wholesome meals that taste great, along with food and nutrition education, helps position them for academic success and to live a more healthful life.



## 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 \$2.71 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 Jessica Hill at 203-230-1010



MADE WITH NATURAL INGREDIENTS



PORK



MADE WITH ORGANIC INGREDIENTS

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# Welcome to our Lunch Cafe at...

Hamden Helen Street Elementary School

May 2019

MEATLESS MONDAY

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.



6 Crispy Chicken Sandwich  
*warm crispy breaded chicken on a bun prepared in-house*  
Or Fish Fillet with Cheese Sandwich  
Pineapple Cup  
Steamed Carrots

7 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

8 General Tso's Chicken  
Fresh Pear  
Brown Rice  
Chicken Salad Wrap  
Steamed Broccoli

9 Turkey Hot Dog on Bun  
*turkey hot dog on soft bun*  
Fruity Parfait  
Oven Baked Fries  
Fresh Orange

10 Cheese Pizza  
Or Pepperoni Pizza  
Fresh Pear  
Celery Sticks

13 Sweet & Sour Chicken  
Sauce & Toss  
Steamed Broccoli  
Brown Rice  
Or Turkey & Cheese Sandwich  
Sliced Peaches

14 Homemade Baked Pasta  
with Cheese  
Steamed Carrots  
Or Chicken Caesar Salad  
Fresh Apple

15 Homemade Ritz Cracker  
Crusted Fish  
Or Ham & Cheese Sandwich  
Watermelon Slices  
Oven Baked Fries

16 Mission Burrito  
Brown Rice  
Or Chicken Nuggets  
Sautéed Corn & Black Bean Salsa

17 Pizzadilla  
Or French Bread Pizza  
Cucumber Coins  
Pineapple Cup

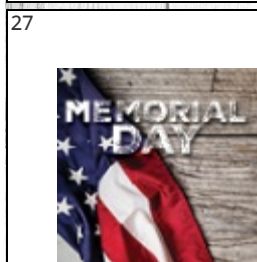
20 Mixed Up Chicken  
Mixed Vegetables  
Or Mozzarella Sticks  
Sliced Peaches

21 Hot Open Turkey  
Sandwich with Gravy  
Chicken Caesar Salad  
Steamed Broccoli  
Apple Cherry 100% Juice

22 Chicken Club Sandwich  
Crispy Potato Puffs  
Or Ham & Cheese Sandwich  
Pineapple Cup

23 Nachos Grande  
*tortilla chips topped with freshly prepared mexi style meat and cheese sauce*  
Black Beans  
Fresh Orange  
Or Turkey & Cheese Sandwich

24 Cheese Pizza  
Pepperoni Pizza  
Apple 100% Juice  
Fresh Baby Carrots



28 Chicken Nuggets  
*crispy breaded chicken nuggets perfect for dipping in your favorite sauce*  
Or Chicken Salad Sandwich  
Diced Pear Cup  
Steamed Broccoli  
Oven Baked Fries

29 Burger  
*burger on a freshly toasted bun*  
Baked Beans  
Or Jelly Sandwich with String Cheese  
Apple 100% Juice

30 Grilled Cheese Sandwich  
*golden toasted bread with melted gooey cheese pressed and prepared in-house*  
Cinnamon Applesauce  
Steamed Carrots  
Or Turkey & Cheese Sandwich

31 Cheese Pizza  
Or Pepperoni Pizza  
Apple 100% Juice  
Cucumber Coins



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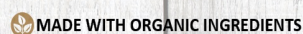
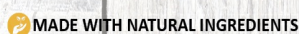


**Alternative Daily Lunch Options**  
"C" Bagel Lunch: Whole Wheat Bagel, cheese & low fat yogurt cup OR "D" Healthy Choice Salad: Mixed Greens, cucumbers tomatoes, cheese with a dinner roll (2)  
**Lunch Prices: Full Paid \$2.71 Reduced \$0.40**  
Choice of milk and assorted fresh fruits and vegetables 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 Jessica Hill at 203-230-1010



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**MEATLESS MONDAY**

**Monday**

**HARVEST of the MONTH**

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**Hamden Ridge Hill Elementary School**

**May 2019**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

6 Crispy Chicken Sandwich  
*warm crispy breaded chicken on a bun prepared in-house*  
Or Fish Fillet with Cheese Sandwich  
Pineapple Cup  
Steamed Carrots

7 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

8 General Tso's Chicken  
Fresh Pear  
Brown Rice  
Chicken Salad Wrap  
Steamed Broccoli

9 Turkey Hot Dog on Bun  
*turkey hot dog on soft bun*  
Fruity Parfait  
Oven Baked Fries  
Fresh Orange

10 Cheese Pizza  
Or Pepperoni Pizza  
Fresh Pear  
Celery Sticks

13 Sweet & Sour Chicken  
Sauce & Toss  
Steamed Broccoli  
Brown Rice  
Or Turkey & Cheese Sandwich  
Sliced Peaches

14 Homemade Baked Pasta with Cheese  
Steamed Carrots  
Or Chicken Caesar Salad  
Fresh Apple

15 Homemade Ritz Cracker Crusted Fish  
Or Ham & Cheese Sandwich  
Watermelon Slices  
Oven Baked Fries

16 Mission Burrito  
Brown Rice  
Or Chicken Nuggets  
Sauteed Corn & Black Bean Salsa

17 Pizzadilla  
Or French Bread Pizza  
Cucumber Coins  
Pineapple Cup

**INTERNATIONAL WEEK**

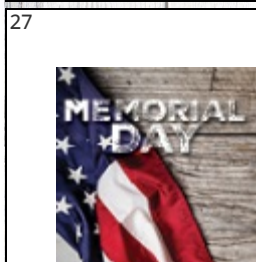
20 Mixed Up Chicken  
Mixed Vegetables  
Or Mozzarella Sticks  
Sliced Peaches

21 Hot Open Turkey Sandwich with Gravy  
Chicken Caesar Salad  
Steamed Broccoli  
Apple Cherry 100% Juice

22 Chicken Club Sandwich  
Crispy Potato Puffs  
Or Ham & Cheese Sandwich  
Pineapple Cup

23 Nachos Grande  
*tortilla chips topped with freshly prepared mexi style meat and cheese sauce*  
Black Beans  
Fresh Orange  
Or Turkey & Cheese Sandwich

24 Cheese Pizza  
Pepperoni Pizza  
Apple 100% Juice  
Fresh Baby Carrots



28 Chicken Nuggets  
*crispy breaded chicken nuggets perfect for dipping in your favorite sauce*  
Or Chicken Salad Sandwich  
Diced Pear Cup  
Steamed Broccoli  
Oven Baked Fries

29 Burger  
*burger on a freshly toasted bun*  
Baked Beans  
Or Jelly Sandwich with String Cheese  
Apple 100% Juice

30 Grilled Cheese Sandwich  
*golden toasted bread with melted gooey cheese pressed and prepared in-house*  
Cinnamon Applesauce  
Steamed Carrots  
Or Turkey & Cheese Sandwich

31 Cheese Pizza  
Or Pepperoni Pizza  
Apple 100% Juice  
Cucumber Coins



At Whitsons, we believe that providing young students with wholesome meals that taste great, along with food and nutrition education, helps position them for academic success and to live a more healthful life.



**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

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**VEGETARIAN** **MADE WITH NATURAL INGREDIENTS** **PORK** **MADE WITH ORGANIC INGREDIENTS**

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**Monday**

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**Hamden West Woods Elementary School**

**May 2019**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

6 Crispy Chicken Sandwich  
*warm crispy breaded chicken on a bun prepared in-house*  
Or Fish Fillet with Cheese Sandwich  
Pineapple Cup  
Steamed Carrots

7 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

8 General Tso's Chicken  
Fresh Pear  
Brown Rice  
Chicken Salad Wrap  
Steamed Broccoli

9 Turkey Hot Dog on Bun  
*turkey hot dog on soft bun*  
Fruity Parfait  
Oven Baked Fries  
Fresh Orange

10 Cheese Pizza  
Or Pepperoni Pizza  
Fresh Pear  
Celery Sticks

13 Sweet & Sour Chicken  
Sauce & Toss  
Steamed Broccoli  
Brown Rice  
Or Turkey & Cheese Sandwich  
Sliced Peaches

14 Homemade Baked Pasta with Cheese  
Steamed Carrots  
Or Chicken Caesar Salad  
Fresh Apple

15 Homemade Ritz Cracker Crusted Fish  
Or Ham & Cheese Sandwich  
Watermelon Slices  
Oven Baked Fries

16 Mission Burrito  
Brown Rice  
Or Chicken Nuggets  
Sautéed Corn & Black Bean Salsa

17 Pizzadilla  
Or French Bread Pizza  
Cucumber Coins  
Pineapple Cup

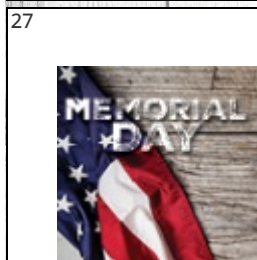
20 Mixed Up Chicken  
Mixed Vegetables  
Or Mozzarella Sticks  
Sliced Peaches

21 Hot Open Turkey Sandwich with Gravy  
Chicken Caesar Salad  
Steamed Broccoli  
Apple Cherry 100% Juice

22 Chicken Club Sandwich  
Crispy Potato Puffs  
Or Ham & Cheese Sandwich  
Pineapple Cup

23 Nachos Grande  
*tortilla chips topped with freshly prepared mexi style meat and cheese sauce*  
Black Beans  
Fresh Orange  
Or Turkey & Cheese Sandwich

24 Cheese Pizza  
Pepperoni Pizza  
Apple 100% Juice  
Fresh Baby Carrots



28 Chicken Nuggets  
*crispy breaded chicken nuggets perfect for dipping in your favorite sauce*  
Or Chicken Salad Sandwich  
Diced Pear Cup  
Steamed Broccoli  
Oven Baked Fries

29 Burger  
*burger on a freshly toasted bun*  
Baked Beans  
Or Jelly Sandwich with String Cheese  
Apple 100% Juice

30 Grilled Cheese Sandwich  
*golden toasted bread with melted gooey cheese pressed and prepared in-house*  
Cinnamon Applesauce  
Steamed Carrots  
Or Turkey & Cheese Sandwich

31 Cheese Pizza  
Or Pepperoni Pizza  
Apple 100% Juice  
Cucumber Coins



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**VEGETARIAN** **MADE WITH NATURAL INGREDIENTS** **PORK** **MADE WITH ORGANIC INGREDIENTS**

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