

Hamden Middle School

Welcome to our
Lunch Cafe

10/1/2019 - 10/4/2019

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday

World
MARKET

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

Bacon, Egg and
Cheese Breakfast
Sandwich
warm breakfast
sandwich prepared in-
house and made with
bacon, egg, and cheese
Crispy Potato Puffs

Pasta & Meat Sauce
freshly cooked pasta
with meat sauce
Caesar Salad

BBQ Chicken
Sandwich
warm baked chicken
smothered in BBQ
sauce on a bun and
prepared in-house
Green Bean Salad

La
CUCINA

Crispy Bacon Pizza
pizza dough topped with
tomato sauce, cheese
and crispy bacon

Meatball Pizza
cheese pizza topped
with sliced meatball

Hand Crafted Buffalo
Chicken Pizza
fresh dough layered with
sauce, topped with
cheese and Buffalo
chicken pieces and
baked until crisp

Pepper & Onion Pizza
freshly made pizza
dough topped with
marinara sauce,
mozzarella and sauteed
peppers and onions

Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough

Miss
RUBY'S
GRILL

Barbecue Rib
Sandwich
warm BBQ rib patty on a
bun prepared in-house

Chicken Nuggets
crispy breaded chicken
nuggets perfect for
dipping in your favorite
sauce

Turkey Hot Dog on Bun
turkey hot dog on soft
bun

Fish Patty Melt
Sandwich
crispy breaded Pollock
topped with melted
cheese served on a
warm roll

Available Daily: Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches

Fruit
EXPRESS

Crudite & Cheese
Platter
cucumber, carrots,
pepper slices and
tomatoes, served with a
buttermilk ranch
dressing for dipping, and
mozzarella cheese
Turkey Club Wrap

Cobb Salad
fresh lettuce topped with
bacon, baked chicken,
shredded cheddar, and
chopped egg
Chicken Caesar Wrap

Greek Salad
romaine lettuce with
cucumbers, tomatoes,
feta cheese, black olives
and red onions
Chicken Salad Wrap

Chef Salad
fresh lettuce topped with
sliced deli meats and
cheeses
BBQ Turkey Wrap

Available Daily: Garden Salad, Chef Salad, Caesar Salad. Includes whole wheat dinner roll and your choice of fruit and milk

Healthy
HARVEST

Red Pepper Strips

Cucumber Coins

Four Bean Salad

Steamed Broccoli

Try our School Breakfast served from
7:30-8:00 AM in the main hallway



SIMPLY ROOTED
in food & family

We are Simply Rooted™ in food and family. Our menus are healthy, nutritious and flavorful, made from wholesome ingredients. We are phasing out processed foods and instead, offering more natural, organic and non GMO options. We also offer gluten and allergen free foods and purchase locally when seasonally available. Check us out at www.Whitsons.com.

Meal price includes: protein choice, fresh veggie choice, fresh fruit choice & bread choice.
At least two types of milk available daily: 1% low fat unflavored, fat free flavored, fat free unflavored.
Available daily with salad lunch: protein choice, whole grain item, fruit choice & milk choice

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Hamden Middle School

Welcome to our
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10/7/2019 - 10/11/2019

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday



Buffalo Chicken Mac & Cheese
pasta in cheese sauce,
topped with buffalo style
chicken 🍴
Steamed Carrots

Pizzadilla
grilled tortilla filled with
melty cheese, tomato
sauce, salsa, and
pepperoni 🍴
Fresh Cucumber Salad

**SCHOOL
CLOSED
TODAY**

Mozzarella Sticks
crispy mozzarella sticks
filled with gooey cheese,
perfect for dipping into
your favorite sauce 🍴
Caesar Salad

Buffalo Chicken
Tenders
Buffalo chicken tenders
with carrot and celery
sticks 🍴
Baked Potato Wedges



Spinach Pizza
fresh pizza dough
topped with marinara
sauce, fresh spinach
and mozzarella cheese
🍴

Crispy Bacon Pizza
pizza dough topped with
tomato sauce, cheese
and crispy bacon 🍴

**SCHOOL
CLOSED
TODAY**

Hand Crafted Buffalo
Chicken Pizza
fresh dough layered with
sauce, topped with
cheese and Buffalo
chicken pieces and
baked until crisp 🍴

Pepper & Onion Pizza
freshly made pizza
dough topped with
marinara sauce,
mozzarella and sauteed
peppers and onions 🍴

Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough



Cheesy Stuffed Bread
Sticks
baked bread sticks filled
with melted cheese 🍴

Barbecue Rib
Sandwich
warm BBQ rib patty on a
bun prepared in-house

**SCHOOL
CLOSED
TODAY**

Turkey Hot Dog on Bun
turkey hot dog on soft
bun

Fish Patty Melt
Sandwich
crispy breaded Pollock
topped with melted
cheese served on a
warm roll

Available Daily: Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches



Garden Salad with
Hard Boiled Eggs &
Dinner Rolls
garden salad with
tomato, cucumber,
carrot, and hard boiled
eggs 🍴
Vegetarian Hummus
Wrap 🍴

Crudite & Cheese
Platter
cucumber, carrots,
pepper slices and
tomatoes, served with a
buttermilk ranch
dressing for dipping, and
mozzarella cheese 🍴
Turkey Club Wrap 🍴

**SCHOOL
CLOSED
TODAY**

Greek Salad
romaine lettuce with
cucumbers, tomatoes,
feta cheese, black olives
and red onions 🍴
Chicken Salad Wrap 🍴

Chef Salad
fresh lettuce topped with
sliced deli meats and
cheeses 🍴
BBQ Turkey Wrap 🍴

Available Daily: Garden Salad, Chef Salad, Caesar Salad. Includes whole wheat dinner roll and your choice of fruit and milk



Potato Salad

Red Pepper Strips

Four Bean Salad

Steamed Broccoli

Try our School Breakfast served from 7:30-8:00 in the main hallway

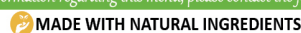


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Hamden Middle School

Welcome to our
Lunch Cafe

10/14/2019 - 10/18/2019

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday

World MARKET

**SCHOOL
CLOSED
TODAY**

Chicken Bowl with Gravy
popcorn chicken layered with mashed potatoes and corn, smothered in gravy 🍴
Homemade Garlic Bread

Sloppy Joe on a Bun
homemade sloppy joe served on a soft bun 🍴
Potato Salad

Texas Style Chili
hearty beef chili with red and black beans and topped with cheddar cheese 🍴
Dinner Rolls
Buttered Corn

BLT Burger
freshly prepared burger topped with crispy bacon, lettuce, tomato and mayo on a freshly toasted bun 🍴
Garden Salad
Baked Sweet Potato

La CUCINA

**SCHOOL
CLOSED
TODAY**

Crispy Bacon Pizza
pizza dough topped with tomato sauce, cheese and crispy bacon 🍴

Meatball Pizza
cheese pizza topped with sliced meatball 🍴

Hand Crafted Buffalo Chicken Pizza
fresh dough layered with sauce, topped with cheese and Buffalo chicken pieces and baked until crisp 🍴

Pepper & Onion Pizza
freshly made pizza dough topped with marinara sauce, mozzarella and sauteed peppers and onions 🍴

Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough

Miss RUBY'S GRILL

**SCHOOL
CLOSED
TODAY**

Barbecue Rib Sandwich
warm BBQ rib patty on a bun prepared in-house

Chicken Nuggets
crispy breaded chicken nuggets perfect for dipping in your favorite sauce

Turkey Hot Dog on Bun
turkey hot dog on soft bun

Fish Patty Melt Sandwich
crispy breaded Pollock topped with melted cheese served on a warm roll

Available Daily: Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches

Fruit EXPRESS

**SCHOOL
CLOSED
TODAY**

Crudite & Cheese Platter
cucumber, carrots, pepper slices and tomatoes, served with a buttermilk ranch dressing for dipping, and mozzarella cheese 🍴
Turkey Club Wrap
turkey breast, bacon, chopped romaine lettuce and tomato, 🍴

Cobb Salad
fresh lettuce topped with bacon, baked chicken, shredded cheddar, and chopped egg 🍴
Chicken Caesar Wrap
freshly made tortilla wrap filled with sliced chicken, crisp lettuce, and cheese topped with low-fat Caesar dressing 🍴

Greek Salad
romaine lettuce with cucumbers, tomatoes, feta cheese, black olives and red onions 🍴
Chicken Salad Wrap
chunks of white meat chicken seasoned and mixed with mayo in a fresh wrap 🍴

Chef Salad
fresh lettuce topped with sliced deli meats and cheeses 🍴
BBQ Turkey Wrap
turkey breast, bbq sauce, lettuce and tomato on a wrap 🍴

Available Daily: Garden Salad, Chef Salad, Caesar Salad. Includes whole wheat dinner roll and your choice of fruit and milk

Healthy HARVEST

Red Pepper Strips

Cucumber Coins

Four Bean Salad

Steamed Broccoli

Try our School Breakfast served from 7:30-8:00 in the main hallway

WHITSON'S
School Nutrition

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 **VEGETARIAN**

 **MADE WITH NATURAL INGREDIENTS**

 **PORK**

 **MADE WITH ORGANIC INGREDIENTS**

Hamden Middle School

Welcome to our
Lunch Cafe

10/21/2019 - 10/25/2019

MEATLESS MONDAY





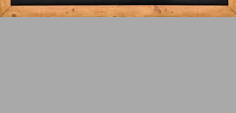
Monday

Tuesday

Wednesday

Thursday

Friday

	<p>Chicken Nugget & Mozzarella Stick Combo Crispy chicken nuggets and gooey mozzarella sticks served with dipping sauce 🍴 Steamed Carrots Whole Wheat Dinner Roll</p>	<p>General Tso's Chicken crispy chicken with broccoli in General Tso's sauce 🍴 Brown Rice</p>	<p>Homemade three Cheese Calzone calzone stuffed with three delicious melted cheeses 🍴 Caesar Salad</p>	<p>1/2 Day; No Lunch Served</p>	<p>Steamed Dumplings stuffed dumplings perfect for dipping in your favorite Asian sauce 🍴 Brown Rice Steamed Broccolini</p>
	<p>Spinach Pizza fresh pizza dough topped with marinara sauce, fresh spinach and mozzarella cheese 🍴</p>	<p>Crispy Bacon Pizza pizza dough topped with tomato sauce, cheese and crispy bacon 🍴</p>	<p>Meatball Pizza cheese pizza topped with sliced meatball 🍴</p>	<p>1/2 Day; No Lunch Served</p>	<p>Pepper & Onion Pizza freshly made pizza dough topped with marinara sauce, mozzarella and sauteed peppers and onions 🍴</p>
Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough					
	<p>Cheesy Stuffed Bread Sticks baked bread sticks filled with melted cheese 🍴</p>	<p>Barbecue Rib Sandwich warm BBQ rib patty on a bun prepared in-house</p>	<p>Chicken Nuggets crispy breaded chicken nuggets perfect for dipping in your favorite sauce</p>	<p>1/2 Day; No Lunch Served</p>	<p>Fish Patty Melt Sandwich crispy breaded Pollock topped with melted cheese served on a warm roll</p>
Available Daily: Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches					
	<p>Garden Salad with Hard Boiled Eggs & Dinner Rolls garden salad with tomato, cucumber, carrot, and hard boiled eggs 🍴 Vegetarian Hummus Wrap 🍴</p>	<p>Crudite & Cheese Plattter cucumber, carrots, pepper slices and tomatoes, served with a buttermilk ranch dressing for dipping, and mozzarella cheese 🍴 Turkey Club Wrap turkey breast, bacon, chopped romaine lettuce and tomato, 🍴</p>	<p>Cobb Salad fresh lettuce topped with bacon, baked chicken, shredded cheddar, and chopped egg 🍴 Chicken Caesar Wrap freshly made tortilla wrap filled with sliced chicken, crisp lettuce, and cheese topped with low-fat Caesar dressing 🍴</p>	<p>1/2 Day; No Lunch Served</p>	<p>Chef Salad fresh lettuce topped with sliced deli meats and cheeses 🍴 BBQ Turkey Wrap turkey breast, bbq sauce, lettuce and tomato on a wrap 🍴</p>
Available Daily: Garden Salad, Chef Salad, Caesar Salad. Includes whole wheat dinner roll and your choice of fruit and milk					
	<p>Potato Salad</p>	<p>Red Pepper Strips</p>	<p>Cucumber Coins</p>	<p>1/2 Day; No Lunch Served</p>	<p>Steamed Broccoli</p>

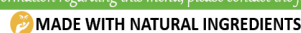


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Hamden Middle School

Welcome to our
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10/28/2019 - 10/31/2019

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday

World MARKET

Belgium Waffle Bites
Turkey Sausage Patty
Crispy Potato Puffs

Soft Tacos
freshly prepared fiesta-style meat with melted cheese wrapped in a warm soft taco shell
Salsa
Spicy Four Bean Salad

Chicken Cut Up Double
Drumstick Combo
baked chicken pieces
Fluffy Mashed Potatoes
Green Beans

Homemade Pasta & Meatballs
freshly baked meatballs with tomato sauce over pasta 🍝🍷
Caesar Salad
Apple Cobbler Side

HARVEST

La CUCINA

Spinach Pizza
fresh pizza dough topped with marinara sauce, fresh spinach and mozzarella cheese 🍷🍷

Crispy Bacon Pizza
pizza dough topped with tomato sauce, cheese and crispy bacon 🍷

Meatball Pizza
cheese pizza topped with sliced meatball 🍷

Hand Crafted Buffalo Chicken Pizza
fresh dough layered with sauce, topped with cheese and Buffalo chicken pieces and baked until crisp 🍷

Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough

Miss RUBY'S GRILL

Cheesy Stuffed Bread Sticks
baked bread sticks filled with melted cheese 🍷

Barbecue Rib Sandwich
warm BBQ rib patty on a bun prepared in-house

Chicken Nuggets
crispy breaded chicken nuggets perfect for dipping in your favorite sauce

Turkey Hot Dog on Bun
turkey hot dog on soft bun

Available Daily: Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches

Fruit EXPRESS

Garden Salad with Hard Boiled Eggs & Dinner Rolls
garden salad with tomato, cucumber, carrot, and hard boiled eggs 🍷🍷
Vegetarian Hummus Wrap 🍷

Crudite & Cheese Plattter
cucumber, carrots, pepper slices and tomatoes, served with a buttermilk ranch dressing for dipping, and mozzarella cheese 🍷🍷

Turkey Club Wrap
turkey breast, bacon, chopped romaine lettuce and tomato,

Cobb Salad
fresh lettuce topped with bacon, baked chicken, shredded cheddar, and chopped egg 🍷

Chicken Caesar Wrap
freshly made tortilla wrap filled with sliced chicken, crisp lettuce, and cheese topped with low-fat Caesar dressing 🍷🍷

Greek Salad
romaine lettuce with cucumbers, tomatoes, feta cheese, black olives and red onions 🍷🍷

Chicken Salad Wrap
chunks of white meat chicken seasoned and mixed with mayo in a fresh wrap 🍷

Available Daily: Garden Salad, Chef Salad, Caesar Salad. Includes whole wheat dinner roll and your choice of fruit and milk

Healthy HARVEST

Potato Salad

Red Pepper Strips

Cucumber Coins

Four Bean Salad

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 **PORK**

 **MADE WITH ORGANIC INGREDIENTS**