

Welcome to our Lunch Cafe at...

Hamden Shepherd Glen Elementary School

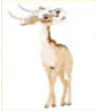
October 2019

Monday




Tuesday

1 Mixed Up Chicken golden chicken nuggets and chicken tenders with a dinner roll
Or Chicken Salad Sandwich 🍷
Oven Baked Fries
Sliced Peaches



Wednesday

2 Chicken Bowl with Gravy popcorn chicken layered with mashed potatoes and corn, smothered in gravy 🍷
Or Chef Salad 🍷
Four Bean Salad
Fresh Apple



Thursday

3 Cheesy Stuffed Bread Sticks
baked bread sticks filled with melted cheese 🍷
Or Ham & Cheese Sandwich 🍷
Garden Salad
Pineapple Cup

Friday

4 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

7 Crispy Chicken Sandwich warm crispy breaded chicken on a bun prepared in-house
Or Fish Patty Melt Sandwich
Pineapple Cup
Oven Baked Fries


8 Crispy Tacos homemade spicy taco meat inside a crispy taco shell topped with cheese
Brown Rice Pilaf
Spicy Black Bean Salad
Or BBQ Chicken Wrap 🍷

9 SCHOOL CLOSED TODAY

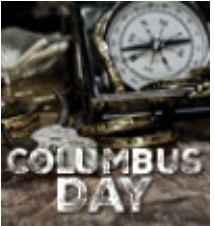
10 Turkey Hot Dog on Bun turkey hot dog on soft bun
Or Fruity Parfait 🍷
Sweet Potato Fries
Apple 100% Juice




11 Cheese Pizza fresh pizza dough layered with tomato sauce, topped with cheese and baked until crisp 🍷
Or Hand Crafted Pepperoni Pizza 🍷
Broccoli Bites



14 COLUMBUS DAY



15 Nachos Grande tortilla chips topped with freshly prepared mexi style meat and cheese sauce
Black Beans
Fresh Apple
Or BLT Sandwich 🍷



16 Cheese Ravioli with Tomato Sauce baked ravioli in tomato sauce 🍷
Or Chicken Caesar Salad 🍷
Steamed Broccoli
Homemade Garlic Bread

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



18 Cheese Pizza fresh pizza dough layered with tomato sauce, topped with cheese and baked until crisp 🍷
Or Hand Crafted Pepperoni Pizza 🍷
Cinnamon Applesauce
Red Pepper Strips



21 Crispy Popcorn Chicken crispy breaded chicken bites baked to perfection
Or Cheesy Stuffed Bread Sticks 🍷
Mixed Vegetables
Whole Wheat Dinner Roll
Sliced Peaches

22 Chicken Cheese Quesadilla hand crafted grilled flour tortilla filled with juicy chicken and melted cheese
Confetti Kidney Bean Salad
Or Turkey & Cheese Sandwich


23 Egg and Cheese Sandwich warm breakfast sandwich prepared in-house and topped with fluffy eggs and melted cheese 🍷
Or Ham & Cheese Sandwich 🍷
Crispy Potato Puffs
Garden Salad

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


1/2 Day today; No "B" Lunch

25 Cheese Pizza fresh pizza dough layered with tomato sauce, topped with cheese and baked until crisp 🍷
Or Hand Crafted Pepperoni Pizza 🍷
Pineapple Cup
Green Pepper Slices
Apple Cobbler Side

28 Mixed Up Chicken golden chicken nuggets and chicken tenders with a dinner roll
Or Mozzarella Sticks 🍷
Green Beans



29 Cheeseburger burger topped with cheese on a freshly toasted bun
Baked Beans
Or Whole Grain Fish Sticks



30 Whole Grain French Toast slices of French toast baked to perfection 🍷
Crispy Potato Puffs
Or Ham & Cheese Sandwich 🍷
Garden Salad
IT'S BRUNCH FOR LUNCH TIME

31 General Tso's Chicken crispy chicken with broccoli in General Tso's sauce 🍷
Or Jelly Sandwich with String Cheese 🍷
Steamed Broccoli
Fresh Banana
Brown Rice Pilaf

WHITSON'S School Nutrition

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



We are Simply Rooted® in food and family and our menus are nutritious and flavorful. Check out our new 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.



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

VEGETARIAN 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.