

Hamden Middle School

Welcome to our
Lunch Cafe

9/2/2019 - 9/6/2019

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday

World MARKET



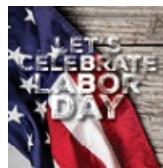
Grilled Cheese Sandwich
golden toasted bread with melted gooey cheese pressed and prepared in-house
Tomato Soup

Fiesta Chicken Rice Bowl
rice topped with beans, chicken, corn and cheese

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
Baked Potato Wedges

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

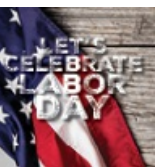
Chicken Nuggets
crispy breaded chicken nuggets perfect for dipping in your favorite sauce

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 Plattter
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
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 AM in the main hallway

WHITSON'S School Nutrition **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

***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. If you have any questions or would like additional information regarding this menu, please contact the food service director. This institution is an equal opportunity provider.

VEGETARIAN

MADE WITH NATURAL INGREDIENTS

PORK

MADE WITH ORGANIC INGREDIENTS

Hamden Middle School

Welcome to our
Lunch Cafe

9/9/2019 - 9/13/2019

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday



Mac & Cheese
Chicken and Broccoli
pasta in cheese sauce,
topped with chicken and
broccoli and garnished
with parsley 🌱
Steamed Carrots

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

Famous Chili Cheese
Fries
golden baked potato
wedges topped with chili
and cheese 🌱
Baked Beans



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 🌱

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



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

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 🌱

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



Potato Salad

Red Pepper Strips

Cucumber Coins

Four Bean Salad

Steamed Broccoli

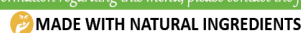
Try our School Breakfast served from 7:30-8:00 in the main hallway



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Hamden Middle School

Welcome to our
Lunch Cafe

9/16/2019 - 9/20/2019

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday

World MARKET

Steamed Dumplings
stuffed dumplings
perfect for dipping in
your favorite Asian
sauce 🍴
Brown Rice
Steamed Broccolini

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

Sloppy Joe on a Bun
home made 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

Tuna Salad Melt
tuna salad with melted
cheese on a bun 🍴
Garden Salad
Steamed Carrots

FLAMES

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 🍴

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

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

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

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

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

Potato Salad

Red Pepper Strips

Cucumber Coins

Four Bean Salad

Steamed Broccoli

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

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 **VEGETARIAN**

 **MADE WITH NATURAL INGREDIENTS**

 **PORK**

 **MADE WITH ORGANIC INGREDIENTS**

Hamden Middle School

Welcome to our
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9/23/2019 - 9/27/2019

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday

World MARKET

Roasted Turkey with Gravy
oven roasted turkey breast smothered with gravy
Fluffy Mashed Potatoes
Homemade Garlic Bread

General Tso's Chicken
crispy chicken with broccoli in General Tso's sauce 🍴
Brown Rice

Chicken Nugget & Mozzarella Stick Combo
Crispy chicken nuggets and gooey mozzarella sticks served with dipping sauce 🍴
Steamed Carrots
Whole Wheat Dinner Roll

Beef and Cheese Quesadilla
melted cheese with homemade fiesta beef folded inside a grilled tortilla 🍴
Spicy Four Bean Salad
Brown Rice

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 🍴

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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