

Welcome to our Lunch Cafe at... Hamden Elementary Schools

April
2020

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

1 Chicken Nuggets
Baked Beans
Dinner Roll

Heat At Home Meal

Thursday

2 Crispy Chicken
Sandwich
Celery Sticks

Heat At Home Meal

Friday

3 Classic Cheese Pizza
Mixed Vegetables

Heat At Home Meal

6 Sausage and Egg
Sandwich
Oven Baked Fries

Heat At Home Meal

7 Spicy Chicken Sandwich
Baked Beans

Heat At Home Meal

Heat At Home Meal

8 Veggie Burger
Broccoli Bites

Heat At Home Meal

9 Mixed Up Chicken
Fresh Baby Carrots

Heat At Home Meal

10 Grilled Cheese
Sandwich
Cucumber Coins

Heat At Home Meal

Menu items and availability of product subject to change. Some meals may be served as "Heat at Home Meals". We advise that all families to heat all meals to a minimum of 165 Degrees Fahrenheit. Preferred method of heating is always in an oven in a oven safe container. Microwaving items may also be a method of cooking as long as meals are heated in microwave safe containers. Never place plastic, paper or styro-foam containers in ovens and never place metal containers in microwave ovens.

All meals are served the "fruit of the day", choice of low fat plain milk or fat free flavored milk. Additional fruit, vegetable and milk options available.

Available Daily Lunch: Bagel Lunch: Whole Wheat Bagel served with yogurt, cheese stick, cream cheese along with fruit and vegetable of the day and choice of milk.

All Meals are in compliance with guidelines of the National School Lunch Program and the School Breakfast Program under HHKFA and the USDA Guidelines. Recipes, allergens and nutritional information available upon requests to the Food Service Director Randall Mel at melr@whitsons.com

Meals will be served due to the latest guidance from QVHD following Social Distancing Procedures from 9am-12pm Monday through Friday at the following sites:

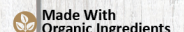
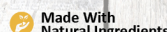
Hamden High School, Hamden Middle School, Church Street School, Ridge Hill School and the Keefe Community Center

Breakfasts consists of 1 full cup of fruit equivalent, 2 ounces of whole grain and choice of milk. Options include various whole grain cereals with graham crackers, muffins, and occasionally "Heat at Home Meals"

Menus updated every 2 weeks as new information on school re-opening is available



In keeping with our local commitment, we developed Greenleaf Cuisine, Whitsons' local produce program. We partner with our suppliers to offer local day promotions, featuring different fresh ingredients as part of our menus. We also encourage onsite gardens as both an academic resource and source of food for school meals.



*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.