

Hamden High School

Welcome to our
Lunch Cafe

2/3/2020 - 2/7/2020

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday



Vegetarian Chili
hearty chili made with
beans, onions, carrots,
mushrooms, and
peppers
Dinner Rolls

Chicken Parmesan
Over Pasta
oven baked chicken
topped with sauce and
melted cheese, all over
pasta
Caesar Salad

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

Baked Chicken
Tenders
crispy chicken tenders
perfect for dipping in your
favorite sauce
Spicy Honey Carrots

Nachos Grande
tortilla chips topped with
freshly prepared mexi
style meat and cheese
sauce



Chicken Delight Wrap
tender chicken and
melted cheese wrapped
in a tortilla

Tuna Salad Wrap*
fresh chunky tuna salad
with field greens and
tomatoes served in a
wrap

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

BLT Sandwich
warm sandwich prepared
in-house topped with
crispy bacon, fresh
lettuce and tomato slices

Turkey Ranch Wrap
turkey breast with lettuce,
tomato and ranch on a
wrap

Available Daily: Assorted Boars Head cold cuts, cheeses and whole grain rich bread, rolls and wraps



Homemade Meatball
Stromboli
freshly prepared dough
lightly brushed with garlic
and oil, rolled with low-fat
cheese, meatball slices,
basil and oregano

Cheese Ravioli with
Tomato Sauce
baked ravioli in tomato
sauce

Homemade three
Cheese Calzone
calzone stuffed with three
delicious melted
cheeses

Homemade Buffalo
Chicken Stromboli
garlic pizza dough
wrapped around zesty
buffalo chicken, melted
mozzarella cheese, rich
tomato sauce and baked

Homemade three
Cheese Calzone
calzone stuffed with three
delicious melted
cheeses

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



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

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

Chicken Club
Sandwich
hand crafted sandwich
with grilled chicken,
crispy bacon, lettuce and
juicy tomatoes

Crispy Popcorn
Chicken
crispy breaded chicken
bites baked to perfection

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



Salad Plate With
Crispy Chicken
fresh garden salad
topped with baked crispy
chicken and served with
dinner roll(s)

Chef Salad
fresh lettuce topped with
sliced deli meats and
cheeses

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

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

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

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



Four Bean Salad

Red Pepper Strips

Cucumber Coins

Broccoli Bites

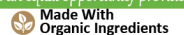
Green Pepper Slices

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.



Hamden High School

Welcome to our
Lunch Cafe

2/10/2020 - 2/14/2020

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday



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

Buffalo Meatballs
juicy meatballs smothered in buffalo sauce
Brown Rice Pilaf
Black Beans

Chicken Bowl with Cheese
popcorn chicken layered with mashed potatoes and corn, covered in cheese 🌱
Beets

Spicy Popcorn Chicken
Caesar Salad

Nachos Grande
tortilla chips topped with freshly prepared mexi style meat and cheese sauce 🌱



Chicken Delight Wrap
tender chicken and melted cheese wrapped in a tortilla

Tuna Salad Wrap*
fresh chunky tuna salad with field greens and tomatoes served in a wrap 🌱

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

BLT Sandwich
warm sandwich prepared in-house topped with crispy bacon, fresh lettuce and tomato slices 🌱

Turkey Ranch Wrap
turkey breast with lettuce, tomato and ranch on a wrap 🌱

Available Daily: Assorted Boars Head cold cuts, cheeses and whole grain rich bread, rolls and wraps



Homemade Meatball Stromboli
freshly prepared dough lightly brushed with garlic and oil, rolled with low-fat cheese, meatball slices, basil and oregano 🌱

Cheese Ravioli with Tomato Sauce
baked ravioli in tomato sauce 🌱

Homemade three Cheese Calzone
calzone stuffed with three delicious melted cheeses 🌱

Homemade Buffalo Chicken Stromboli
garlic pizza dough wrapped around zesty buffalo chicken, melted mozzarella cheese, rich tomato sauce and baked 🌱

Homemade three Cheese Calzone
calzone stuffed with three delicious melted cheeses 🌱

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



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

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

Chicken Club Sandwich
hand crafted sandwich with grilled chicken, crispy bacon, lettuce and juicy tomatoes 🌱

Crispy Popcorn Chicken
crispy breaded chicken bites baked to perfection

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

Now Serving Daily Grill to Order Breakfast!

You can now create your own sandwich at Miss Ruby's Grill!



Salad Plate With Crispy Chicken
fresh garden salad topped with baked crispy chicken and served with dinner roll(s) 🌱

Chef Salad
fresh lettuce topped with sliced deli meats and cheeses 🌱

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

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

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

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



Four Bean Salad

Red Pepper Strips

Cucumber Coins

Broccoli Bites

Celery

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Hamden High School

Welcome to our
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2/17/2020 - 2/21/2020

MEATLESS MONDAY







Monday

Tuesday

Wednesday

Thursday

Friday

	SCHOOL CLOSED TODAY		Crispy Chicken Drumstick <i>tender chicken drumstick breaded and baked until crispy</i> Sweet Potato Fries	Sloppy Joe on a Bun <i>homemade sloppy joe served on a soft bun</i> Steamed Spinach	Nachos Grande <i>tortilla chips topped with freshly prepared mexi style meat and cheese sauce</i>
	SCHOOL CLOSED TODAY		Chicken Caesar Wrap <i>freshly made tortilla wrap filled with sliced chicken, crisp lettuce, and cheese topped with low-fat Caesar dressing</i>	BLT Sandwich <i>warm sandwich prepared in-house topped with crispy bacon, fresh lettuce and tomato slices</i>	Turkey Ranch Wrap <i>turkey breast with lettuce, tomato and ranch on a wrap</i>
Available Daily: Assorted Boars Head cold cuts, cheeses and whole grain rich bread, rolls and wraps					
	SCHOOL CLOSED TODAY		Homemade three Cheese Calzone <i>calzone stuffed with three delicious melted cheeses</i>	Homemade Buffalo Chicken Stromboli <i>garlic pizza dough wrapped around zesty buffalo chicken, melted mozzarella cheese, rich tomato sauce and baked</i>	Homemade three Cheese Calzone <i>calzone stuffed with three delicious melted cheeses</i>
Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough					
	SCHOOL CLOSED TODAY		Chicken Club Sandwich <i>hand crafted sandwich with grilled chicken, crispy bacon, lettuce and juicy tomatoes</i>	Crispy Popcorn Chicken <i>crispy breaded chicken bites baked to perfection</i>	Fish Patty Melt Sandwich <i>crispy breaded Pollock topped with melted cheese served on a warm roll</i>
Available Daily: Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken					
	SCHOOL CLOSED TODAY		Now Serving Daily Grill to Order Breakfast! You can now create your own sandwich at Miss Ruby's Grill!		
	SCHOOL CLOSED TODAY		Chef Salad <i>fresh lettuce topped with sliced deli meats and cheeses</i>	Greek Salad <i>romaine lettuce with cucumbers, tomatoes, feta cheese, black olives and red onions</i>	Garden Salad with Hard Boiled Eggs & Dinner Rolls <i>garden salad with tomato, cucumber, carrot, and hard boiled eggs</i>
Available Daily: Garden Salad, Chef Salad, Caesar Salad. Includes whole wheat dinner roll and your choice of fruit and milk					
	SCHOOL CLOSED TODAY		Cucumber Coins	Celery	Broccoli Bites

WHITSON'S
School Nutrition


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 Vegetarian

 Made With Natural Ingredients

 Pork

 Smart Choice

 Made With Organic Ingredients

Hamden High School

Welcome to our
Lunch Cafe

2/24/2020 - 2/28/2020

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday



Steamed Dumplings
stuffed dumplings perfect
for dipping in your
favorite Asian sauce 🍴
Cauliflower

Two Cheese
Quesadilla
grilled cheese quesadilla
Sweet Potato Fries

Whole Grain French
Toast
slices of French toast
baked to perfection 🍴
Crispy Potato Puffs

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

Nachos Grande
tortilla chips topped with
freshly prepared mexi
style meat and cheese
sauce 🍴



Chicken Delight Wrap
tender chicken and
melted cheese wrapped
in a tortilla

Tuna Salad Wrap*
fresh chunky tuna salad
with field greens and
tomatoes served in a
wrap 🍴

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

BLT Sandwich
warm sandwich prepared
in-house topped with
crispy bacon, fresh
lettuce and tomato slices
🍴

Turkey Ranch Wrap
turkey breast with lettuce,
tomato and ranch on a
wrap 🍴

Available Daily: Assorted Boars Head cold cuts, cheeses and whole grain rich bread, rolls and wraps



Homemade Meatball
Stromboli
freshly prepared dough
lightly brushed with garlic
and oil, rolled with low-fat
cheese, meatball slices,
basil and oregano 🍴

Cheese Ravioli with
Tomato Sauce
baked ravioli in tomato
sauce 🍴

Homemade three
Cheese Calzone
calzone stuffed with three
delicious melted
cheeses 🍴

Homemade Buffalo
Chicken Stromboli
garlic pizza dough
wrapped around zesty
buffalo chicken, melted
mozzarella cheese, rich
tomato sauce and baked
🍴

Homemade three
Cheese Calzone
calzone stuffed with three
delicious melted
cheeses 🍴

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



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

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

Chicken Club
Sandwich
hand crafted sandwich
with grilled chicken,
crispy bacon, lettuce and
juicy tomatoes 🍴

Crispy Popcorn
Chicken
crispy breaded chicken
bites baked to perfection

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

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Salad Plate With
Crispy Chicken
fresh garden salad
topped with baked crispy
chicken and served with
dinner roll(s) 🍴

Chicken Caesar Salad
fresh romaine topped with
parmesan cheese,
chicken, and croutons
with dinner rolls 🍴

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

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

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

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



Four Bean Salad

Red Pepper Strips

Cucumber Coins

Celery

Broccoli Bites

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