

# Welcome to our Lunch Cafe at...

Hamden Spring Glen Elementary School

May 2019

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday

**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.



6 Crispy Chicken Sandwich  
*warm crispy breaded chicken on a bun prepared in-house*  
Or Fish Fillet with Cheese Sandwich  
Pineapple Cup  
Steamed Carrots

7 Crispy Tacos  
*homemade spicy taco meat inside a crispy taco shell topped with cheese*  
Brown Rice  
Black Beans  
Salsa  
Or Turkey Ranch Wrap  
100% Juice Fruit Punch

8 General Tso's Chicken  
Fresh Pear  
Brown Rice  
Or Chicken Salad Wrap  
Steamed Broccoli

9 Turkey Hot Dog on Bun  
*turkey hot dog on soft bun*  
Or Fruity Parfait  
Oven Baked Fries  
Fresh Orange

10 Cheese Pizza  
Or Pepperoni Pizza  
Fresh Pear  
Celery Sticks

13 Sweet & Sour Chicken  
Sauce & Toss  
*popcorn chicken in a sweet & sour sauce*  
Brown Rice  
Steamed Broccoli  
Or Turkey & Cheese Sandwich

14 Homemade Baked Pasta  
with Cheese  
Steamed Carrots  
Or Chicken Caesar Salad

15 Homemade Ritz Cracker  
Crusted Fish  
Oven Baked Fries  
Or Ham & Cheese Sandwich  
Watermelon Slices

16 Mission Burrito  
Sautéed Corn & Black Bean Salsa  
Brown Rice  
Or Chicken Nuggets

17 Pizzadilla  
Or French Bread Pizza  
Pineapple Cup  
Cucumber Coins

INTERNATIONAL WEEK

Lucky Tray Day!

20 Mixed Up Chicken  
*golden chicken nuggets and chicken tenders with a dinner roll*  
Mixed Vegetables  
Or Mozzarella Sticks  
Sliced Peaches

21 Hot Open Turkey  
Sandwich with Gravy  
*thinly sliced turkey breast over bread topped with gravy*  
Or Chicken Caesar Salad  
Steamed Broccoli  
Apple Cherry 100% Juice

22 Chicken Club Sandwich  
*hand crafted sandwich with grilled chicken, crispy bacon, lettuce and juicy tomatoes*  
Crispy Potato Puffs  
Or Ham & Cheese Sandwich  
Pineapple Cup

23 Nachos Grande  
*tortilla chips topped with freshly prepared mexi style meat and cheese sauce*  
Black Beans  
Fresh Orange  
Or Turkey & Cheese Sandwich

24 Turkey Hot Dog on Bun  
Cheeseburger  
Watermelon Slices

School BBQ

27

28 Chicken Nuggets  
*crispy breaded chicken nuggets perfect for dipping in your favorite sauce*  
Or Chicken Salad Sandwich  
Diced Pear Cup  
Steamed Broccoli  
Oven Baked Fries

29 Whole Grain French  
Toast  
*slices of French toast baked to perfection*  
Turkey Sausage Patty  
Or Jelly Sandwich with String Cheese  
Apple 100% Juice  
Potato Puffs

30 Grilled Cheese Sandwich  
*golden toasted bread with melted gooey cheese pressed and prepared in-house*  
Cinnamon Applesauce  
Steamed Carrots  
Or Turkey & Cheese Sandwich

31 Cheese Pizza  
Or Pepperoni Pizza  
*cheese pizza topped with pepperoni*  
Apple 100% Juice  
Fresh Baby Carrots



At Whitsons, we believe that providing young students with wholesome meals that taste great, along with food and nutrition education, helps position them for academic success and to live a more healthful life.



## 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 \$2.71  
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 Jessica Hill at 203-230-1010



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.