

Welcome to our Lunch Cafe at...

Hamden Church St Elementary School

April 2019

MEATLESS MONDAY

Monday

Tuesday

Wednesday


Thursday

Friday

1 Crispy Chicken Sandwich
warm crispy breaded chicken on a bun prepared in-house
Or Cheesy Veggie Burger

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Fresh Banana
Garden Salad



2 Roasted Turkey with Gravy
oven roasted turkey breast smothered with gravy
Fluffy Mashed Potatoes
Steamed Carrots
Or Fish Fillet with Cheese Sandwich 🌱
Fresh Orange
Dinner Rolls

3 Mexican Style Chicken
diced chicken cooked with mexican style spices 🌱
With Nachos with Cheese

🌱

Spicy Black Bean Salad 🌱
Or Turkey & Cheese Sandwich
Apple 100% Juice

NEW

4 Cheeseburger
burger topped with cheese on a freshly toasted bun
Sweet Potato Fries
Cinnamon Applesauce

1/2 Day No "B" Lunch

5 Cheese Pizza
crispy pizza dough topped with tomato sauce and melted cheese

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Or Pepperoni Pizza 🌱
Pineapple Cup
Cucumber Coins

8 Chicken Nuggets
crispy breaded chicken nuggets perfect for dipping in your favorite sauce
Or Stuffed Bread 🌱
Sweet Potato Fries
Apple Cherry 100% Juice
Whole Wheat Dinner Roll


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

10 Chicken Bowl with Gravy
popcorn chicken layered with mashed potatoes and corn, smothered in gravy 🌱
Or Chicken Salad Wrap 🌱
Sliced Peaches
Fresh Baby Carrots
Garlic Bread

11 Homemade Pasta & Meatballs
freshly baked meatballs with tomato sauce over pasta 🌱🌱
Or Jelly Sandwich with String Cheese 🌱🌱
Steamed Broccoli
Cinnamon Applesauce

12 Mexican Style Chicken
diced chicken cooked with mexican style spices 🌱
Crispy Tacos 🌱
Or Tuna Salad Wrap* 🌱
Fresh Banana
Brown Rice Pilaf

15



16

17

18

19



Spring Vacation

22 Mixed Up Chicken
Mixed Vegetables
Or Mozzarella Sticks 🌱
Sliced Peaches
Whole Wheat Dinner Roll

23 Beef and Cheese Quesadilla 🌱
Side Salad
Pineapple Cup
Or Jelly Sandwich with String Cheese 🌱🌱

NEW

24 Whole Grain Waffles with Sausage
light and crispy waffles served with a sausage patty
Crispy Potato Puffs
Or Ham & Cheese Sandwich 🌱
Fresh Apple

BRUNCH FOR LUNCH TODAY!

25 Nachos Grande
tortilla chips topped with freshly prepared mexi style meat and cheese sauce 🌱
Black Beans 🌱
Fresh Orange
Or Chicken Caesar Wrap
Brown Rice 🌱🌱

Lucky Tray Day!

26 Cheese Pizza
crispy pizza dough topped with tomato sauce and melted cheese

🌱

Or Pepperoni Pizza 🌱
Apple 100% Juice
Fresh Baby Carrots

29 Baked Chicken Tenders
crispy chicken tenders perfect for dipping in your favorite sauce
Whole Wheat Dinner Roll
Fresh Orange
Caesar Salad 🌱
Or Veggie Burger 🌱🌱🌱

30 Turkey Hot Dog on Bun
turkey hot dog on soft bun
Baked Potato Wedges
Or Chicken Salad Sandwich 🌱
Diced Pear Cup
Baked Beans

Student Appreciation Day

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.

WHITSONS
School Nutrition



At Whitsons, we know that good nutrition fuels students for optimal performance, both mentally and physically. We work hard to make sure all of our menus are healthy, nutritious and taste good. To learn more visit us at www.Whitsons.com or scan our QR code to see all that we are doing to keep our young customers healthy!



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 \$2.7! 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.

Choice of low-fat or skim milk available daily
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

🌱 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.