

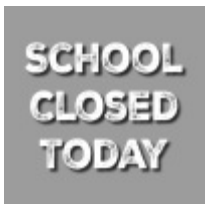
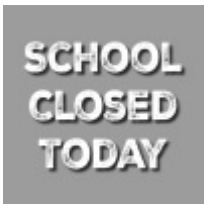








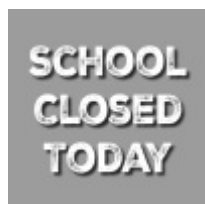


# Welcome to our Lunch Cafe

# Hamden High School

**November**  
**2020**

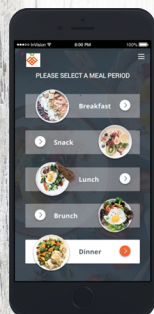
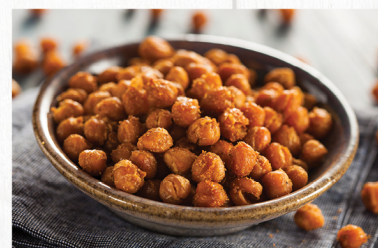
The USDA has approved FREE breakfast and lunch for all students in schools on the NSLP/SBP through 12/31/20. Meals are approved to be served for in person and virtual learners. Please inquire with your district office to see if your school is participating

Monday	Tuesday	Wednesday	Thursday	Friday
2 	3 	4 Lasagna Roll Up with Green Beans Heartzel Pretzels	5 Chicken Tenders with Roasted Potatoes Heartzel Pretzels	6 Classic Cheese Pizza   Cucumber Coins
9 Teriyaki Chicken with Brown Rice and Steamed Corn	10 Toasted Cheese Sandwich Fresh Baby Carrots	11 Turkey Hot Dog on WW Bun Baked Beans	12 Chicken Tenders with Roasted Potatoes Heartzel Pretzels	13 Classic Cheese Pizza   Broccoli Bites
16 General Tso's Chicken w/ Rice & Carrots	17 Lasagna Roll Up with Green Beans Heartzel Pretzels	18 Egg & Cheese on WG English Muffin Baked Beans	19 Chicken Tenders with Roasted Potatoes Heartzel Pretzels	20 Classic Cheese Pizza   Broccoli Bites
23 Beef Patty with Cheese on WW Bun Sweet Potato Fries	24 Macaroni and Cheese with Steamed Broccoli	25 	26 	27 

30 Teriyaki Chicken with Brown Rice and Steamed Corn

## 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.

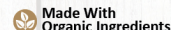
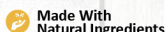


We are Simply Rooted® in food and family and our menus are nutritious and flavorful. Check out our mobile menu at [www.FDMealPlanner.com](http://www.FDMealPlanner.com) or download FD MealPlanner free of charge, from the App Store or Google Play, and view your menu on your mobile device anywhere.



Pricing  
We Promote a "Cashless" System for COVID-19  
Please contact your secretary or food service office with questions

Available Daily:  
Chicken Cutlet Sandwich, Chicken Patty, Veggie Burger, Turkey Sandwich, Sunbutter and Jelly Sandwich, Ham Sandwich  
Choice of Milk: Low Fat Plain Milk, Fat Free Chocolate Milk  
Fruit: Apples, Oranges, Bananas, pears, peaches, pineapple, applesauce  
Veggies: Cucumbers, Celery, Carrots, Peppers,



\*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.