

Welcome to our Lunch Cafe at...

Hamden Dunbar Hill 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
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

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

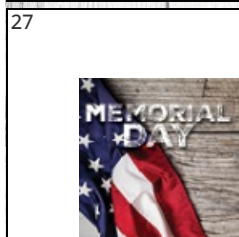
21 Hot Open Turkey
Sandwich with Gravy
thinly sliced turkey breast over bread topped with gravy
Or Chicken Caesar Salad
Steamed Broccoli
Apple Cherry 100% Juice

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

23 Turkey Hot Dog on Bun
Cheeseburger
Watermelon Slices

SCHOOL BBQ

24 Cheese Pizza
Or Pepperoni Pizza
Apple 100% Juice
Fresh Baby Carrots



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

29 Burger
burger on a freshly toasted bun
Or Jelly Sandwich with String Cheese
Apple 100% Juice
Baked Beans

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

31 Cheese Pizza
Or Pepperoni Pizza
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.