

# Welcome to our Lunch Cafe at...

Hamden West Woods Elementary School

October 2019

Monday



Tuesday

Wednesday

Thursday

Friday

1 Mixed Up Chicken  
golden chicken nuggets and  
chicken tenders with a dinner roll  
Or Chicken Salad  
Sandwich 🍴  
Oven Baked Fries  
Sliced Peaches



2 Chicken Bowl with Gravy  
popcorn chicken layered with  
mashed potatoes and corn,  
smothered in gravy 🍴  
Or Chef Salad 🍴  
Four Bean Salad  
Fresh Apple



3 Cheesy Stuffed Bread  
Sticks  
baked bread sticks filled with  
melted cheese 🍴  
Or Ham & Cheese  
Sandwich 🍴  
Garden Salad  
Pineapple Cup

4 Cheese Pizza  
fresh pizza dough layered with  
tomato sauce, topped with cheese  
and baked until crisp 🍴  
Or Hand Crafted  
Pepperoni Pizza 🍴  
Fresh Baby Carrots  
Cucumber Coins

7 Crispy Chicken Sandwich  
warm crispy breaded chicken on  
a bun prepared in-house  
Or Fish Patty Melt  
Sandwich  
Pineapple Cup  
Oven Baked Fries

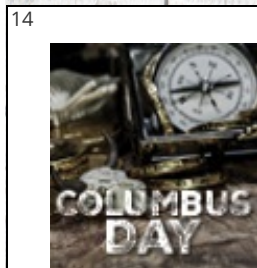
8 Crispy Tacos  
homemade spicy taco meat  
inside a crispy taco shell topped  
with cheese  
Brown Rice Pilaf  
Spicy Black Bean Salad  
Or BBQ Chicken Wrap 🍴

9 SCHOOL  
CLOSED  
TODAY

10 Turkey Hot Dog on Bun  
turkey hot dog on soft bun  
Or Fruity Parfait 🍴  
Sweet Potato Fries  
Apple 100% Juice



11 Cheese Pizza  
fresh pizza dough layered with  
tomato sauce, topped with cheese  
and baked until crisp 🍴  
Or Hand Crafted  
Pepperoni Pizza 🍴  
Broccoli Bites



15 Nachos Grande  
tortilla chips topped with freshly  
prepared mexi style meat and  
cheese sauce  
Black Beans  
Fresh Apple  
Or BLT Sandwich 🍴



16 Cheese Ravioli with  
Tomato Sauce  
baked ravioli in tomato sauce 🍴  
Or Chicken Caesar Salad  
Steamed Broccoli  
Homemade Garlic Bread

17 Belgium Waffle Bites  
Crispy Potato Puffs  
Or Jelly Sandwich with  
String Cheese 🍴  
Fresh Banana  
Fresh Baby Carrots



18 Cheese Pizza  
fresh pizza dough layered with  
tomato sauce, topped with cheese  
and baked until crisp 🍴  
Or Hand Crafted  
Pepperoni Pizza 🍴  
Cinnamon Applesauce  
Red Pepper Strips



21 Crispy Popcorn Chicken  
crispy breaded chicken bites  
baked to perfection  
Or Cheesy Stuffed Bread  
Sticks 🍴  
Mixed Vegetables  
Whole Wheat Dinner Roll  
Sliced Peaches

22 Chicken Cheese  
Quesadilla  
hand crafted grilled flour tortilla  
filled with juicy chicken and melted  
cheese  
Confetti Kidney Bean  
Salad  
Or Turkey & Cheese  
Sandwich

23 Egg and Cheese  
Sandwich  
warm breakfast sandwich  
prepared in-house and topped  
with fluffy eggs and melted  
cheese 🍴  
Or Ham & Cheese  
Sandwich 🍴  
Crispy Potato Puffs  
Garden Salad

24 Grilled Cheese Sandwich  
golden toasted bread with melted  
goosey cheese pressed and  
prepared in-house 🍴  
Tomato Soup  
Fresh Grapes

1/2 Day today; No "B" Lunch

25 Cheese Pizza  
fresh pizza dough layered with  
tomato sauce, topped with cheese  
and baked until crisp 🍴  
Or Hand Crafted  
Pepperoni Pizza 🍴  
Pineapple Cup  
Green Pepper Slices  
Apple Cobbler Side

28 Mixed Up Chicken  
golden chicken nuggets and  
chicken tenders with a dinner roll  
Or Mozzarella Sticks 🍴  
Green Beans



29 Cheeseburger  
burger topped with cheese on a  
freshly toasted bun  
Baked Beans  
Or Whole Grain Fish Sticks

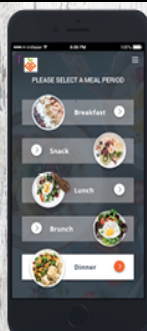


30 Whole Grain French  
Toast  
slices of French toast baked to  
perfection 🍴  
Crispy Potato Puffs  
Or Ham & Cheese  
Sandwich 🍴  
Garden Salad  
IT'S  
BRUNCH  
FOR  
LUNCH  
TIME

31 General Tso's Chicken  
crispy chicken with broccoli in  
General Tso's sauce 🍴  
Or Jelly Sandwich with  
String Cheese 🍴  
Steamed Broccoli  
Fresh Banana  
Brown Rice Pilaf



Whitson's proudly supports  
clean, sustainable agriculture!  
We also focus on using ingre-  
dients 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 new mobile menu at  
[www.FDMealPlanner.com](http://www.FDMealPlanner.com) or download

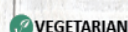
FD MealPlanner free of  
charge, from the App Store  
or Google Play, and view  
your menu on your mobile  
device anywhere.



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  
\$2.75 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  
Randall Mel Jr. 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.