

Hamden Middle School

Welcome to our
Lunch Cafe

5/1/2019 - 5/3/2019

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday

World
MARKET

Hot Open Turkey
Sandwich with Gravy
*thinly sliced turkey
breast over bread
topped with gravy*
Fluffy Mashed
Potatoes
Cole Slaw

Grilled Ham & Cheese
Sandwich
*hand crafted sandwich
with thinly sliced ham
and melted cheese on
grilled golden brown
bread*
Tomato Soup

New Yorker Dog
*hot dog on a bun,
topped with sauerkraut
and onions* 🌱
Baked Beans
Baked Potato Wedges

La
CUCINA

Meatball Pizza
*cheese pizza topped
with sliced meatball* 🌱

Buffalo Chicken Pizza
*freshly made cheese
pizza topped with
Buffalo chicken pieces*
🌱

Pepper & Onion Pizza
*freshly made pizza
dough topped with
marinara sauce,
mozzarella and sauteed
peppers and onions* 🌱

Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough

Miss
RUBY'S
GRILL

Chicken Nuggets
*crispy breaded chicken
nuggets perfect for
dipping in your favorite
sauce*

Turkey Hot Dog on Bun
*turkey hot dog on soft
bun*

Fish Patty Melt
Sandwich
*crispy breaded Pollock
topped with melted
cheese served on a
warm roll*

Available Daily: Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches

Fruit
EXPRESS

Cobb Salad
*fresh lettuce topped with
bacon, baked chicken,
shredded cheddar, and
chopped egg* 🌱
Chicken Caesar Wrap
🌱 🍷

Greek Salad
*romaine lettuce with
cucumbers, tomatoes,
feta cheese, black olives
and red onions* 🌱 🌱
Chicken Salad Wrap
*chunks of white meat
chicken seasoned and
mixed with mayo in a
fresh wrap* 🌱

Chef Salad
*fresh lettuce topped with
sliced deli meats and
cheeses* 🌱
BBQ Turkey Wrap
*turkey breast, bbq
sauce, lettuce and
tomato on a wrap* 🌱

Available Daily: Garden Salad, Chef Salad, Caesar Salad. Includes whole wheat dinner roll and your choice of fruit and milk

Healthy
HARVEST

Cucumber Coins

Four Bean Salad

Steamed Broccoli



SIMPLY ROOTED
in food & family

We are Simply Rooted™ in food and family. Our menus are healthy, nutritious and flavorful, made from wholesome ingredients. We are phasing out processed foods and instead, offering more natural, organic and non GMO options. We also offer gluten and allergen free foods and purchase locally when seasonally available. Check us out at www.Whitsons.com.

Meal price includes: protein choice, fresh veggie choice, fresh fruit choice & bread choice.
At least two types of milk available daily: 1% low fat unflavored, fat free flavored, fat free unflavored.
Available daily with salad lunch: protein choice, whole grain item, fruit choice & milk choice

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MADE WITH NATURAL INGREDIENTS



PORK



MADE WITH ORGANIC INGREDIENTS

Hamden Middle School

Welcome to our
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5/6/2019 - 5/10/2019

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday

World MARKET

Homemade Mac & Trees
steamed pasta in cheese sauce, topped with broccoli and baked to perfection  
Garden Salad

Beef and Cheese Quesadilla
melted cheese with homemade fiesta beef folded inside a grilled tortilla 
Spicy Black Bean Salad


Bacon Cheeseburger
freshly prepared beef patty topped with melted cheese, crispy bacon, crisp lettuce and tomato served on a toasted bun 
Sweet Potato Fries


Roasted Turkey with Gravy
oven roasted turkey breast smothered with gravy
Fluffy Mashed Potatoes


Mozzarella Sticks
crispy mozzarella sticks filled with gooey cheese, perfect for dipping into your favorite sauce 
Celery & Carrot Sticks w/ Low Fat Dressing



La CUCINA

Spinach Pizza
fresh pizza dough topped with marinara sauce, fresh spinach and mozzarella cheese  

Crispy Bacon Pizza
pizza dough topped with tomato sauce, cheese and crispy bacon 


Meatball Pizza
cheese pizza topped with sliced meatball 

Buffalo Chicken Pizza
freshly made cheese pizza topped with Buffalo chicken pieces 

Pepper & Onion Pizza
freshly made pizza dough topped with marinara sauce, mozzarella and sauteed peppers and onions 


Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough

Miss RUBY'S GRILL

Stuffed Bread
baked bread sticks filled with melted cheese 

Barbecue Rib Sandwich
warm BBQ rib patty on a bun prepared in-house

Chicken Nuggets
crispy breaded chicken nuggets perfect for dipping in your favorite sauce

Turkey Hot Dog on Bun
turkey hot dog on soft bun




Fish Patty Melt Sandwich
crispy breaded Pollock topped with melted cheese served on a warm roll




Available Daily: Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches



Fruit EXPRESS

Garden Salad with Hard Boiled Eggs & Dinner Rolls
garden salad with tomato, cucumber, carrot, and hard boiled eggs  
Vegetarian Hummus Wrap 

Crudite & Cheese Platter
cucumber, carrots, pepper slices and tomatoes, served with a buttermilk ranch dressing for dipping, and mozzarella cheese 
Turkey Club Wrap 

Cobb Salad
fresh lettuce topped with bacon, baked chicken, shredded cheddar, and chopped egg 
Chicken Caesar Wrap  

Greek Salad
romaine lettuce with cucumbers, tomatoes, feta cheese, black olives and red onions  
Chicken Salad Wrap 

Chef Salad
fresh lettuce topped with sliced deli meats and cheeses 
BBQ Turkey Wrap 

Available Daily: Garden Salad, Chef Salad, Caesar Salad. Includes whole wheat dinner roll and your choice of fruit and milk

Healthy HARVEST

Macaroni Salad

Red Pepper Strips

Cucumber Coins

Four Bean Salad

Steamed Broccoli



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Hamden Middle School

Welcome to our
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5/13/2019 - 5/17/2019

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday

World MARKET

LET'S
CELEBRATE!

FLAVES

La CUCINA

Miss RUBY'S GRILL

Fruit EXPRESS

Healthy HARVEST

Chicken & Vegetable Rice Bowl
fluffy rice topped with vegetable stir fry and baked chicken

Homemade Baked Pasta with Cheese
pasta topped with melted cheese, baked to perfection
Caesar Salad

Homemade Ritz Cracker Crusted Fish
tender baked fish in a crunchy Ritz cracker topping
Fries

Mission Burrito
authentic fiesta style meat topped with sour cream, beans, seasoned rice, shredded cheese and crisp lettuce inside a soft tortilla shell assembled in-house
Sautéed Corn & Black Bean Salsa

Jamaican Beef Patty
golden flaky pastry dough stuffed with beef simmered in a delicious spicy sauce
Brown Rice
Cajun Maple Carrots

INTERNATIONAL WEEK

Spinach Pizza
fresh pizza dough topped with marinara sauce, fresh spinach and mozzarella cheese

Crispy Bacon Pizza
pizza dough topped with tomato sauce, cheese and crispy bacon

Meatball Pizza
cheese pizza topped with sliced meatball

Buffalo Chicken Pizza
freshly made cheese pizza topped with Buffalo chicken pieces

Pepper & Onion Pizza
freshly made pizza dough topped with marinara sauce, mozzarella and sautéed peppers and onions

Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough

Stuffed Bread
baked bread sticks filled with melted cheese

Barbecue Rib Sandwich
warm BBQ rib patty on a bun prepared in-house

Chicken Nuggets
crispy breaded chicken nuggets perfect for dipping in your favorite sauce

Turkey Hot Dog on Bun
turkey hot dog on soft bun

Fish Patty Melt Sandwich
crispy breaded Pollock topped with melted cheese served on a warm roll

Available Daily: Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches

Garden Salad with Hard Boiled Eggs & Dinner Rolls
garden salad with tomato, cucumber, carrot, and hard boiled eggs
Vegetarian Hummus Wrap
freshly made tortilla wrap spread with hummus and topped with crispy cucumbers,

Crudite & Cheese Platter
cucumber, carrots, pepper slices and tomatoes, served with a buttermilk ranch dressing for dipping, and mozzarella cheese
Turkey Club Wrap
turkey breast, bacon, chopped romaine lettuce and tomato,

Cobb Salad
fresh lettuce topped with bacon, baked chicken, shredded cheddar, and chopped egg
Chicken Caesar Wrap
freshly made tortilla wrap filled with sliced chicken, crisp lettuce, and cheese topped with low-fat Caesar dressing

Greek Salad
romaine lettuce with cucumbers, tomatoes, feta cheese, black olives and red onions
Chicken Salad Wrap
chunks of white meat chicken seasoned and mixed with mayo in a fresh wrap

Chef Salad
fresh lettuce topped with sliced deli meats and cheeses
BBQ Turkey Wrap
turkey breast, bbq sauce, lettuce and tomato on a wrap

Available Daily: Garden Salad, Chef Salad, Caesar Salad. Includes whole wheat dinner roll and your choice of fruit and milk

Macaroni Salad

Red Pepper Strips

Cucumber Coins

Four Bean Salad

Steamed Broccoli

WHITSON'S School Nutrition
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VEGETARIAN

MADE WITH NATURAL INGREDIENTS

PORK

MADE WITH ORGANIC INGREDIENTS

Hamden Middle School

Welcome to our
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5/20/2019 - 5/24/2019

MEATLESS MONDAY






Monday

Tuesday

Wednesday

Thursday

Friday

	<p>Grilled Cheese Sandwich golden toasted bread with melted gooey cheese pressed and prepared in-house ✓ Tomato Soup</p>	<p>Nachos Grande tortilla chips topped with freshly prepared mexi style meat and cheese sauce ② Sauteed Corn & Black Bean Salsa</p>	<p>Whole Grain Waffles with Ham waffles served with ham Crispy Potato Puffs</p>	<p>General Tso's Chicken crispy chicken with broccoli in General Tso's sauce ② Steamed Broccoli Brown Rice</p>	<p>Beef Goulash Hungarian style beef stew with fresh mushrooms, carrots, onions and celery simmered to perfection in-house ② Pasta with Butter</p>
	<p>Spinach Pizza fresh pizza dough topped with marinara sauce, fresh spinach and mozzarella cheese ② ✓</p>	<p>Crispy Bacon Pizza pizza dough topped with tomato sauce, cheese and crispy bacon ②</p>	<p>Meatball Pizza cheese pizza topped with sliced meatball ②</p>	<p>Buffalo Chicken Pizza freshly made cheese pizza topped with Buffalo chicken pieces ②</p>	<p>Pepper & Onion Pizza freshly made pizza dough topped with marinara sauce, mozzarella and sauteed peppers and onions ✓ ②</p>
Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough					
	<p>Stuffed Bread baked bread sticks filled with melted cheese ✓</p>	<p>Barbecue Rib Sandwich warm BBQ rib patty on a bun prepared in-house</p>	<p>Chicken Nuggets crispy breaded chicken nuggets perfect for dipping in your favorite sauce</p>	<p>Turkey Hot Dog on Bun turkey hot dog on soft bun</p>	<p>Fish Patty Melt Sandwich crispy breaded Pollock topped with melted cheese served on a warm roll</p>
Available Daily: Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches					
	<p>Garden Salad with Hard Boiled Eggs & Dinner Rolls garden salad with tomato, cucumber, carrot, and hard boiled eggs ② ✓ Vegetarian Hummus Wrap freshly made tortilla wrap spread with hummus and topped with crispy cucumbers, ②</p>	<p>Crudite & Cheese Platter cucumber, carrots, pepper slices and tomatoes, served with a buttermilk ranch dressing for dipping, and mozzarella cheese ② ✓ Turkey Club Wrap turkey breast, bacon, chopped romaine lettuce and tomato, ②</p>	<p>Cobb Salad fresh lettuce topped with bacon, baked chicken, shredded cheddar, and chopped egg ② Chicken Caesar Wrap freshly made tortilla wrap filled with sliced chicken, crisp lettuce, and cheese topped with low-fat Caesar dressing ②</p>	<p>Greek Salad romaine lettuce with cucumbers, tomatoes, feta cheese, black olives and red onions ② ✓ Chicken Salad Wrap chunks of white meat chicken seasoned and mixed with mayo in a fresh wrap ②</p>	<p>Chef Salad fresh lettuce topped with sliced deli meats and cheeses ② BBQ Turkey Wrap turkey breast, bbq sauce, lettuce and tomato on a wrap ②</p>
Available Daily: Garden Salad, Chef Salad, Caesar Salad. Includes whole wheat dinner roll and your choice of fruit and milk					
	<p>Macaroni Salad</p>	<p>Red Pepper Strips</p>	<p>Cucumber Coins</p>	<p>Four Bean Salad</p>	<p>Steamed Broccoli</p>

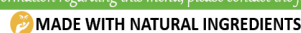


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Hamden Middle School

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5/27/2019 - 5/31/2019

MEATLESS MONDAY


Monday

Tuesday

Wednesday

Thursday

Friday

		<p>Egg and Cheese Sandwich warm breakfast sandwich prepared in-house and topped with fluffy eggs and melted cheese  Crispy Potato Puffs</p>	<p>Pasta & Meat Sauce freshly cooked pasta with meat sauce  Caesar Salad</p>	<p>Crispy Tacos homemade spicy taco meat inside a crispy taco shell topped with cheese  Brown Rice Pilaf Spicy Black Bean Salad</p>	<p>Homemade Shepherd's Pie seasoned ground meat and crisp vegetables covered in creamy mashed potatoes, melted cheese, and gravy  Steamed Carrots</p>
		<p>Crispy Bacon Pizza pizza dough topped with tomato sauce, cheese and crispy bacon </p>	<p>Meatball Pizza cheese pizza topped with sliced meatball </p>	<p>Buffalo Chicken Pizza freshly made cheese pizza topped with Buffalo chicken pieces </p>	<p>Pepper & Onion Pizza freshly made pizza dough topped with marinara sauce, mozzarella and sauteed peppers and onions  </p>
Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough					
		<p>Barbecue Rib Sandwich warm BBQ rib patty on a bun prepared in-house</p>	<p>Chicken Nuggets crispy breaded chicken nuggets perfect for dipping in your favorite sauce</p>	<p>Turkey Hot Dog on Bun turkey hot dog on soft bun</p>	<p>Fish Patty Melt Sandwich crispy breaded Pollock topped with melted cheese served on a warm roll</p>
Available Daily: Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches					
		<p>Crudite & Cheese Platter cucumber, carrots, pepper slices and tomatoes, served with a buttermilk ranch dressing for dipping, and mozzarella cheese  Turkey Club Wrap turkey breast, bacon, chopped romaine lettuce and tomato, </p>	<p>Cobb Salad fresh lettuce topped with bacon, baked chicken, shredded cheddar, and chopped egg  Chicken Caesar Wrap freshly made tortilla wrap filled with sliced chicken, crisp lettuce, and cheese topped with low-fat Caesar dressing </p>	<p>Greek Salad romaine lettuce with cucumbers, tomatoes, feta cheese, black olives and red onions  Chicken Salad Wrap chunks of white meat chicken seasoned and mixed with mayo in a fresh wrap </p>	<p>Chef Salad fresh lettuce topped with sliced deli meats and cheeses  BBQ Turkey Wrap turkey breast, bbq sauce, lettuce and tomato on a wrap </p>
Available Daily: Garden Salad, Chef Salad, Caesar Salad. Includes whole wheat dinner roll and your choice of fruit and milk					
		<p>Macaroni Salad</p>	<p>Cucumber Coins</p>	<p>Four Bean Salad</p>	<p>Steamed Broccoli</p>



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