

Welcome to our Lunch Cafe at...

Hamden Dunbar Hill Elementary School

January 2019

MEATLESS MONDAY

Monday

HARVEST of the MONTH



Tuesday



Wednesday

Thursday

Friday

7 Baked Chicken Tenders
Whole Wheat Dinner Roll
Or Stuffed Bread
Fresh Orange
Caesar Salad

MEATLESS MONDAY

8 Cheeseburger
burger topped with cheese on a
freshly toasted bun
Or Tuna Salad Sandwich
Diced Pear Cup
Baked Beans

9 Whole Grain French
Toast
slices of French toast baked to
perfection
Turkey Sausage Patty
Hashbrowns
Or Jelly Sandwich with
String Cheese
Apple 100% Juice

BRUNCH FOR LUNCH TODAY!

10 Grilled Cheese Sandwich
golden toasted bread with melted
gooey cheese pressed and
prepared in-house
Tomato Soup
Cinnamon Applesauce
Or Fruity Parfait

LUCKY TRAY DAY!

11 Cheese Pizza
crispy pizza dough topped with
tomato sauce and melted cheese
Pepperoni Pizza
Fresh Pear
Celery Sticks

14 Crispy Popcorn Chicken
Or Pizza Bites
Cinnamon Applesauce
Roasted Butternut
Squash

MEATLESS MONDAY

HARVEST

15 Pasta & Meatballs
freshly baked meatballs with
tomato sauce over pasta
Caesar Salad
Or Turkey & Cheese
Sandwich
Fresh Orange

16 Crispy Chicken Sandwich
warm crispy breaded chicken on
a bun prepared in-house
Oven Baked Fries
Or Fish Fillet with Cheese
Sandwich
Pineapple Cup

17 Chicken Cheese
Quesadilla
hand crafted grilled flour tortilla
filled with juicy chicken and melty
cheese
Black Beans
Or Chef Salad
Diced Pear Cup

18 Cheese Pizza
crispy pizza dough topped with
tomato sauce and melted cheese
Or Pepperoni Pizza
Sliced Peaches
Fresh Cucumber Salad



22 General Tso's Chicken
crispy chicken with broccoli in
General Tso's sauce
Brown Rice
Or Fruity Parfait
Fresh Apple

23 Bacon, Egg and Cheese
Breakfast Sandwich
Crispy Potato Puffs
Ham & Cheese Sandwich
Pineapple Cup

24 Nachos with Cheese
creamy cheese layered over a
bed of nachos
Black Beans
Fresh Orange

1/2 Day No "B" lunch served

25 Cheese Pizza
crispy pizza dough topped with
tomato sauce and melted cheese
Or Pepperoni Pizza
Apple 100% Juice
Fresh Baby Carrots

28 Mixed Up Chicken
golden chicken nuggets and
chicken tenders with a dinner roll
Steamed Carrots
Or Mozzarella Sticks
Apple 100% Juice

MEATLESS MONDAY

29 Homemade Mac & Cheese
pasta in cheese sauce, garnished
with parsley
Garden Salad
Or Tuna Salad Sandwich
Sliced Peaches

30 Roasted Turkey with
Gravy
oven roasted turkey breast
smothered with gravy
Fluffy Mashed Potatoes
Or Jelly Sandwich with
String Cheese
Fresh Pear

31 Homemade Chili
hearty chili with tomatoes, spicy
peppers and beans topped with
cheddar cheese
Chili Roasted Garbanzo
Beans
Dinner Rolls
Pineapple Cup
Or Turkey & Cheese
Sandwich

WHITSON'S School Nutrition

Whitsons proudly supports clean, sustainable agriculture! We also focus on using ingredients that are locally sourced, all-natural, organic and non-GMO whenever possible.



Our Simply Rooted™ food philosophy and sustainability platform is based on delivering wholesome, all-natural meals to everyone's table, while giving back to the environment.



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

VEGETARIAN

MADE WITH NATURAL INGREDIENTS

PORK

MADE WITH ORGANIC INGREDIENTS

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Welcome to our Lunch Cafe at...

Hamden Bear Path Elementary School

January 2019

MEATLESS MONDAY

Monday

HARVEST of the MONTH



Tuesday



Wednesday

Thursday

Friday

7 Baked Chicken Tenders
Whole Wheat Dinner Roll
Or Stuffed Bread
Fresh Orange
Caesar Salad

MEATLESS MONDAY

8 Cheeseburger
burger topped with cheese on a
freshly toasted bun
Or Tuna Salad Sandwich
Diced Pear Cup
Baked Beans

9 Whole Grain French
Toast
slices of French toast baked to
perfection
Turkey Sausage Patty
Hashbrowns
Or Jelly Sandwich with
String Cheese
Apple 100% Juice

BRUNCH FOR LUNCH TODAY!

10 Grilled Cheese Sandwich
golden toasted bread with melted
gooey cheese pressed and
prepared in-house
Tomato Soup
Cinnamon Applesauce
Or Fruity Parfait

LUCKY TRAY DAY!

11 Cheese Pizza
crispy pizza dough topped with
tomato sauce and melted cheese
Pepperoni Pizza
Fresh Pear
Celery Sticks

14 Crispy Popcorn Chicken
Or Pizza Bites
Cinnamon Applesauce
Roasted Butternut
Squash

MEATLESS MONDAY

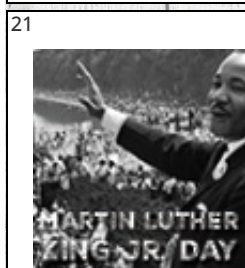
HARVEST

15 Pasta & Meatballs
freshly baked meatballs with
tomato sauce over pasta
Caesar Salad
Or Turkey & Cheese
Sandwich
Fresh Orange

16 Crispy Chicken Sandwich
warm crispy breaded chicken on
a bun prepared in-house
Oven Baked Fries
Or Fish Fillet with Cheese
Sandwich
Pineapple Cup

17 Chicken Cheese
Quesadilla
hand crafted grilled flour tortilla
filled with juicy chicken and melty
cheese
Black Beans
Or Chef Salad
Diced Pear Cup

18 Cheese Pizza
crispy pizza dough topped with
tomato sauce and melted cheese
Or Pepperoni Pizza
Sliced Peaches
Fresh Cucumber Salad



21

22 General Tso's Chicken
crispy chicken with broccoli in
General Tso's sauce
Brown Rice
Or Fruity Parfait
Fresh Apple

23 Bacon, Egg and Cheese
Breakfast Sandwich
Crispy Potato Puffs
Ham & Cheese Sandwich
Pineapple Cup

24 Nachos with Cheese
creamy cheese layered over a
bed of nachos
Black Beans
Fresh Orange

1/2 Day No "B" lunch served

25 Cheese Pizza
crispy pizza dough topped with
tomato sauce and melted cheese
Or Pepperoni Pizza
Apple 100% Juice
Fresh Baby Carrots

28 Mixed Up Chicken
golden chicken nuggets and
chicken tenders with a dinner roll
Steamed Carrots
Or Mozzarella Sticks
Apple 100% Juice

MEATLESS MONDAY

29 Homemade Mac & Cheese
pasta in cheese sauce, garnished
with parsley
Garden Salad
Or Tuna Salad Sandwich
Sliced Peaches

30 Roasted Turkey with
Gravy
oven roasted turkey breast
smothered with gravy
Fluffy Mashed Potatoes
Or Jelly Sandwich with
String Cheese
Fresh Pear

31 Homemade Chili
hearty chili with tomatoes, spicy
peppers and beans topped with
cheddar cheese
Chili Roasted Garbanzo
Beans
Dinner Rolls
Pineapple Cup
Or Turkey & Cheese
Sandwich

WHITSON'S School Nutrition

Whitsons proudly supports clean, sustainable agriculture! We also focus on using ingredients that are locally sourced, all-natural, organic and non-GMO whenever possible.



Our Simply Rooted™ food philosophy and sustainability platform is based on delivering wholesome, all-natural meals to everyone's table, while giving back to the environment.



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

VEGETARIAN MADE WITH NATURAL INGREDIENTS PORK MADE WITH ORGANIC INGREDIENTS

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Welcome to our Lunch Cafe at...

Hamden Helen Street Elementary School

January 2019

MEATLESS MONDAY

Monday



Tuesday



Wednesday

2 Turkey Hot Dog on Bun
turkey hot dog on soft bun
Baked Beans
Or Whole Grain Fish Sticks
Fresh Apple

Thursday

3 Whole Grain Waffles with Sausage
light and crispy waffles served with a sausage patty
Potato Puffs
Or Jelly Sandwich with String Cheese
Fresh Grapes

Friday

4 Cheese Pizza
crispy pizza dough topped with tomato sauce and melted cheese
Or Pepperoni Pizza
Pineapple Cup
Cucumber Coins

7 Baked Chicken Tenders
Whole Wheat Dinner Roll
Or Stuffed Bread
Fresh Orange
Caesar Salad

8 Cheeseburger
burger topped with cheese on a freshly toasted bun
Or Tuna Salad Sandwich
Diced Pear Cup
Baked Beans

9 Whole Grain French Toast
slices of French toast baked to perfection
Turkey Sausage Patty
Hashbrowns
Or Jelly Sandwich with String Cheese
Apple 100% Juice

10 Grilled Cheese Sandwich
golden toasted bread with melted gooey cheese pressed and prepared in-house
Tomato Soup
Cinnamon Applesauce
Or Fruity Parfait

11 Cheese Pizza
crispy pizza dough topped with tomato sauce and melted cheese
Pepperoni Pizza
Fresh Pear
Celery Sticks

14 Crispy Popcorn Chicken
Or Pizza Bites
Cinnamon Applesauce
Roasted Butternut Squash

15 Pasta & Meatballs
freshly baked meatballs with tomato sauce over pasta
Caesar Salad
Or Turkey & Cheese Sandwich
Fresh Orange

16 Crispy Chicken Sandwich
warm crispy breaded chicken on a bun prepared in-house
Oven Baked Fries
Or Fish Fillet with Cheese Sandwich
Pineapple Cup

17 Chicken Cheese Quesadilla
hand crafted grilled flour tortilla filled with juicy chicken and melty cheese
Black Beans
Or Chef Salad
Diced Pear Cup

18 Cheese Pizza
crispy pizza dough topped with tomato sauce and melted cheese
Or Pepperoni Pizza
Sliced Peaches
Fresh Cucumber Salad

21

22 General Tso's Chicken
crispy chicken with broccoli in General Tso's sauce
Brown Rice
Or Fruity Parfait
Fresh Apple

23 Bacon, Egg and Cheese
Breakfast Sandwich
Crispy Potato Puffs
Ham & Cheese Sandwich
Pineapple Cup

24 Nachos with Cheese
creamy cheese layered over a bed of nachos
Black Beans
Fresh Orange

25 Cheese Pizza
crispy pizza dough topped with tomato sauce and melted cheese
Or Pepperoni Pizza
Apple 100% Juice
Fresh Baby Carrots

28 Mixed Up Chicken
golden chicken nuggets and chicken tenders with a dinner roll
Steamed Carrots
Or Mozzarella Sticks
Apple 100% Juice

29 Homemade Mac & Cheese
pasta in cheese sauce, garnished with parsley
Garden Salad
Or Tuna Salad Sandwich
Sliced Peaches

30 Roasted Turkey with Gravy
oven roasted turkey breast smothered with gravy
Fluffy Mashed Potatoes
Or Jelly Sandwich with String Cheese
Fresh Pear

31 Homemade Chili
hearty chili with tomatoes, spicy peppers and beans topped with cheddar cheese
Chili Roasted Garbanzo Beans
Dinner Rolls
Pineapple Cup
Or Turkey & Cheese Sandwich



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Alternative Daily Lunch Options
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 Jessica Hill at 203-230-1010

VEGETARIAN MADE WITH NATURAL INGREDIENTS PORK MADE WITH ORGANIC INGREDIENTS

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Welcome to our Lunch Cafe at...

Hamden Shepherd Glen Elementary School

January
2019

MEATLESS MONDAY

Monday



Tuesday



Wednesday

Thursday

Friday

7 Baked Chicken Tenders
Whole Wheat Dinner Roll
Or Stuffed Bread
Fresh Orange
Caesar Salad

MEATLESS MONDAY

8 Cheeseburger
burger topped with cheese on a
freshly toasted bun
Or Tuna Salad Sandwich
Diced Pear Cup
Baked Beans

9 Whole Grain French
Toast
slices of French toast baked to
perfection
Turkey Sausage Patty
Hashbrowns
Or Jelly Sandwich with
String Cheese
Apple 100% Juice

BRUNCH FOR LUNCH TODAY!

10 Grilled Cheese Sandwich
golden toasted bread with melted
gooey cheese pressed and
prepared in-house
Tomato Soup
Cinnamon Applesauce
Or Fruity Parfait

Lucky Tray Day!

11 Cheese Pizza
crispy pizza dough topped with
tomato sauce and melted cheese
Pepperoni Pizza
Fresh Pear
Celery Sticks

14 Crispy Popcorn Chicken
Or Pizza Bites
Cinnamon Applesauce
Roasted Butternut
Squash

MEATLESS MONDAY

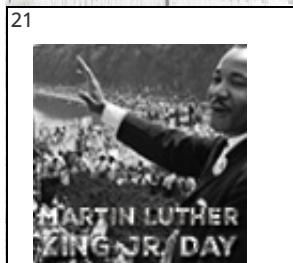
HARVEST

15 Pasta & Meatballs
freshly baked meatballs with
tomato sauce over pasta
Caesar Salad
Or Turkey & Cheese
Sandwich
Fresh Orange

16 Crispy Chicken Sandwich
warm crispy breaded chicken on
a bun prepared in-house
Oven Baked Fries
Or Fish Fillet with Cheese
Sandwich
Pineapple Cup

17 Chicken Cheese
Quesadilla
hand crafted grilled flour tortilla
filled with juicy chicken and melty
cheese
Black Beans
Or Chef Salad
Diced Pear Cup

18 Cheese Pizza
crispy pizza dough topped with
tomato sauce and melted cheese
Or Pepperoni Pizza
Sliced Peaches
Fresh Cucumber Salad



22 General Tso's Chicken
crispy chicken with broccoli in
General Tso's sauce
Brown Rice
Or Fruity Parfait
Fresh Apple

23 Bacon, Egg and Cheese
Breakfast Sandwich
Crispy Potato Puffs
Ham & Cheese Sandwich
Pineapple Cup

24 Nachos with Cheese
creamy cheese layered over a
bed of nachos
Black Beans
Fresh Orange

1/2 Day No "B" lunch served

25 Cheese Pizza
crispy pizza dough topped with
tomato sauce and melted cheese
Or Pepperoni Pizza
Apple 100% Juice
Fresh Baby Carrots

28 Mixed Up Chicken
golden chicken nuggets and
chicken tenders with a dinner roll
Steamed Carrots
Or Mozzarella Sticks
Apple 100% Juice

MEATLESS MONDAY

29 Homemade Mac & Cheese
pasta in cheese sauce, garnished
with parsley
Garden Salad
Or Tuna Salad Sandwich
Sliced Peaches

30 Roasted Turkey with
Gravy
oven roasted turkey breast
smothered with gravy
Fluffy Mashed Potatoes
Or Jelly Sandwich with
String Cheese
Fresh Pear

31 Homemade Chili
hearty chili with tomatoes, spicy
peppers and beans topped with
cheddar cheese
Chili Roasted Garbanzo
Beans
Dinner Rolls
Pineapple Cup
Or Turkey & Cheese
Sandwich

WHITSON'S
School Nutrition

Whitsons proudly supports
clean, sustainable agriculture!
We also focus on using ingre-
dients that are locally sourced,
all-natural, organic and non-
GMO whenever possible.



Our Simply Rooted™ food philosophy and sustain-
ability platform is based on delivering wholesome,
all-natural meals to everyone's
table, while giving back to the
environment.



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
Jessica Hill at 203-230-1010

VEGETARIAN **MADE WITH NATURAL INGREDIENTS** **PORK** **MADE WITH ORGANIC INGREDIENTS**

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Welcome to our Lunch Cafe at...

Hamden Spring Glen Elementary School

January
2019

MEATLESS MONDAY

Monday

HARVEST
of the MONTH



Tuesday



Wednesday

2 Turkey Hot Dog on Bun
turkey hot dog on soft bun
Baked Beans
Or Whole Grain Fish Sticks
Fresh Apple

Thursday

3 Whole Grain Waffles with Sausage
light and crispy waffles served with a sausage patty
Potato Puffs
Or Jelly Sandwich with String Cheese
Fresh Grapes



Friday

4 Cheese Pizza
crispy pizza dough topped with tomato sauce and melted cheese
Or Pepperoni Pizza
Pineapple Cup
Cucumber Coins

7 Baked Chicken Tenders
Whole Wheat Dinner Roll
Or Stuffed Bread
Fresh Orange
Caesar Salad

MEATLESS MONDAY

8 Cheeseburger
burger topped with cheese on a freshly toasted bun
Or Tuna Salad Sandwich
Diced Pear Cup
Baked Beans

9 Whole Grain French Toast
slices of French toast baked to perfection
Turkey Sausage Patty Hashbrowns
Or Jelly Sandwich with String Cheese
Apple 100% Juice



10 Grilled Cheese Sandwich
golden toasted bread with melted gooey cheese pressed and prepared in-house
Tomato Soup
Cinnamon Applesauce
Or Fruity Parfait

Lucky Tray Day!

11 Cheese Pizza
crispy pizza dough topped with tomato sauce and melted cheese
Pepperoni Pizza
Fresh Pear
Celery Sticks

14 Crispy Popcorn Chicken
Or Pizza Bites
Cinnamon Applesauce
Roasted Butternut Squash

MEATLESS MONDAY

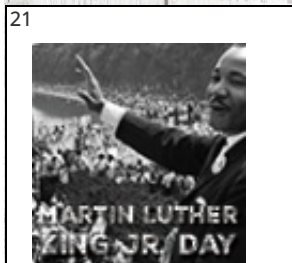
HARVEST

15 Pasta & Meatballs
freshly baked meatballs with tomato sauce over pasta
Caesar Salad
Or Turkey & Cheese Sandwich
Fresh Orange

16 Crispy Chicken Sandwich
warm crispy breaded chicken on a bun prepared in-house
Oven Baked Fries
Or Fish Fillet with Cheese Sandwich
Pineapple Cup

17 Chicken Cheese Quesadilla
hand crafted grilled flour tortilla filled with juicy chicken and melty cheese
Black Beans
Or Chef Salad
Diced Pear Cup

18 Cheese Pizza
crispy pizza dough topped with tomato sauce and melted cheese
Or Pepperoni Pizza
Sliced Peaches
Fresh Cucumber Salad



22 General Tso's Chicken
crispy chicken with broccoli in General Tso's sauce
Brown Rice
Or Fruity Parfait
Fresh Apple

23 Bacon, Egg and Cheese Breakfast Sandwich
Crispy Potato Puffs
Ham & Cheese Sandwich
Pineapple Cup

24 Nachos with Cheese
creamy cheese layered over a bed of nachos
Black Beans
Fresh Orange

1/2 Day No "B" lunch served

25 Cheese Pizza
crispy pizza dough topped with tomato sauce and melted cheese
Or Pepperoni Pizza
Apple 100% Juice
Fresh Baby Carrots

28 Mixed Up Chicken
golden chicken nuggets and chicken tenders with a dinner roll
Steamed Carrots
Or Mozzarella Sticks
Apple 100% Juice

MEATLESS MONDAY

29 Homemade Mac & Cheese
pasta in cheese sauce, garnished with parsley
Garden Salad
Or Tuna Salad Sandwich
Sliced Peaches

30 Roasted Turkey with Gravy
oven roasted turkey breast smothered with gravy
Fluffy Mashed Potatoes
Or Jelly Sandwich with String Cheese
Fresh Pear

31 Homemade Chili
hearty chili with tomatoes, spicy peppers and beans topped with cheddar cheese
Chili Roasted Garbanzo Beans
Dinner Rolls
Pineapple Cup
Or Turkey & Cheese Sandwich



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VEGETARIAN MADE WITH NATURAL INGREDIENTS P PORK MADE WITH ORGANIC INGREDIENTS

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