

Hamden High School

9/2/2019 - 9/6/2019

Welcome to our
Lunch Cafe

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday



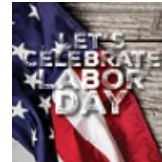
Tuna Salad Wrap*
fresh chunky tuna salad
with field greens and
tomatoes served in a
wrap 🌮
Or Egg Salad Wrap 🌮

Chicken Caesar Wrap
freshly made tortilla
wrap filled with sliced
chicken, crisp lettuce,
and cheese topped with
low-fat Caesar dressing
🌮 🌮

BLT Wrap
freshly made wrap filled
with crispy bacon,
lettuce, tomato and
cheese 🌮

Turkey Ranch Wrap
turkey breast with
lettuce, tomato and
ranch on a wrap 🌮 🌮

Available Daily: Assorted Boars Head cold cuts, cheeses and whole grain rich bread, rolls and wraps along with vegetable toppings



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

Soft Tacos
freshly prepared fiesta-
style meat with melted
cheese wrapped in a
warm soft taco shell 🌮

Steamed Dumplings
stuffed dumplings
perfect for dipping in
your favorite Asian
sauce 🌮
Brown Rice
Steamed Broccoli

Fiesta Taco Salad
homemade crunchy
tortilla bowl filled with
fiesta style beef, crisp
cucumbers, tomatoes,
lettuce and shredded
cheddar cheese 🌮



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

Chicken Club
Sandwich
hand crafted sandwich
with grilled chicken,
crispy bacon, lettuce
and juicy tomatoes 🌮

Philly Cheese Steak
thinly sliced beef topped
with sauteed peppers,
onions and melted
cheese on a lightly
toasted bun prepared in-
house 🌮

Fish Fillet with Cheese
Sandwich
warm sandwich
prepared in-house,
topped with crispy fish
fillet and melted cheese
🌮

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



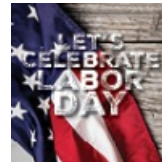
Cheese Ravioli with
Tomato Sauce
baked ravioli in tomato
sauce 🌮 🌮

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

Mozzarella Sticks
crispy mozzarella sticks
filled with gooey cheese,
perfect for dipping into
your favorite sauce 🌮

Homemade Meatball
Calzone
fresh dough lightly
brushed with garlic and
oil sauce made from
scratch, rolled with low
fat seasoned ricotta and
mozzarella cheeses,
meatball slices, basil

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



Greek Salad
romaine lettuce with
cucumbers, tomatoes,
feta cheese, black olives
and red onions 🌮 🌮
Chicken Waldorf Salad
with Dinner Rolls 🌮

Cobb Salad
fresh lettuce topped with
bacon, baked chicken,
shredded cheddar, and
chopped egg 🌮

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

Chicken Caesar Salad
fresh romaine topped
with parmesan cheese,
chicken, and croutons
with dinner rolls 🌮

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

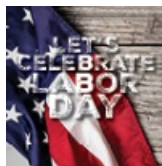


Strawberry Apple
Smoothie
strawberries, apple
juice, yogurt and honey
🌮 🌮 🌮
Roger Rabbit
Smoothie 🌮 🌮 🌮

Mean Green Berry
Smoothie
made with yogurt, baby
spinach, strawberries,
blueberries, bananas &
apple juice 🌮 🌮 🌮
Strawberry Pineapple
Smoothie 🌮 🌮 🌮

Mango Madness
Smoothie
a fresh blend of yogurt,
milk and mango 🌮 🌮 🌮
Strawberry Banana
Smoothie

Strawberry Orange
Smoothie
a blend of vanilla yogurt
with fresh strawberries
and orange juice 🌮 🌮
Chunky Monkey
Smoothie 🌮 🌮 🌮



Celery & Carrot Sticks
w/ Low Fat Dressing
carrots and celery sticks
paired with dressing for
dipping

Macaroni Salad

Cole Slaw

Cucumber Coins

Salad Bar Available Daily; Choices include selection of green leafy vegetable base, choice of protein and choice of side veggies, condiments and toppings

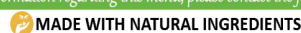


SIMPLY ROOTED
in food & family

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

***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. If you have any questions or would like additional information regarding this menu, please contact the food service director. This institution is an equal opportunity provider.



MADE WITH ORGANIC INGREDIENTS

Hamden High School

9/9/2019 - 9/13/2019

Welcome to our
Lunch Cafe

MEATLESS MONDAY









Monday

Tuesday

Wednesday

Thursday

Friday

	Honey Mustard Chicken Wrap freshly sliced chicken strips arranged under crisp lettuce and tomatoes drizzled with honey mustard dressing in a soft tortilla wrap 🌱	Tuna Salad Wrap* fresh chunky tuna salad with field greens and tomatoes served in a wrap 🌱 Egg Salad Wrap 🌱	Chicken Caesar Wrap freshly made tortilla wrap filled with sliced chicken, crisp lettuce, and cheese topped with low-fat Caesar dressing 🌱	BLT Wrap freshly made wrap filled with crispy bacon, lettuce, tomato and cheese 🌱	Turkey Ranch Wrap turkey breast with lettuce, tomato and ranch on a wrap 🌱
Available Daily: Assorted Boars Head cold cuts, cheeses and whole grain rich bread, rolls and wraps along with vegetable toppings					
 	Nachos Grande tortilla chips topped with freshly prepared mexi style meat and cheese sauce 🌱	Chicken Bowl with Gravy popcorn chicken layered with mashed potatoes and corn, smothered in gravy 🌱	Soft Tacos freshly prepared fiesta-style meat with melted cheese wrapped in a warm soft taco shell 🌱	Grilled Cheese Sandwich golden toasted bread with melted gooey cheese pressed and prepared in-house 🌱 Tomato Soup	Fiesta Taco Salad homemade crunchy tortilla bowl filled with fiesta style beef, crisp cucumbers, tomatoes, lettuce and shredded cheddar cheese 🌱
	Cheesy Veggie Burger warm veggie burger topped with melted cheese on a soft bun 🌱	Barbecue Rib Sandwich warm BBQ rib patty on a bun prepared in-house 🌱	Chicken Club Sandwich hand crafted sandwich with grilled chicken, crispy bacon, lettuce and juicy tomatoes 🌱	Philly Cheese Steak thinly sliced beef topped with sauteed peppers, onions and melted cheese on a lightly toasted bun prepared in-house 🌱	Fish Fillet with Cheese Sandwich warm sandwich prepared in-house, topped with crispy fish fillet and melted cheese 🌱
Available Daily: Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches					
	Homemade three Cheese Calzone calzone stuffed with three delicious melted cheeses 🌱 Pizzadilla 🌱	Cheese Ravioli with Tomato Sauce baked ravioli in tomato sauce 🌱 homemade Meat and Cheese Stromboli 🌱	Homemade Baked Pasta with Cheese pasta topped with melted cheese, baked to perfection 🌱 Homemade three Cheese Calzone 🌱	Mozzarella Sticks crispy mozzarella sticks filled with gooey cheese, perfect for dipping into your favorite sauce 🌱 Homemade Ham Pepperoni and Cheese Stromboli 🌱	Homemade Meatball Calzone fresh dough lightly brushed with garlic and oil sauce made from scratch, rolled with low fat seasoned ricotta and mozzarella cheeses, meatball slices, basil
Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough					
	Garden Salad with Hard Boiled Eggs & Dinner Rolls garden salad with tomato, cucumber, carrot, and hard boiled eggs 🌱	Greek Salad romaine lettuce with cucumbers, tomatoes, feta cheese, black olives and red onions 🌱 Chicken Waldorf Salad with Dinner Rolls 🌱	Cobb Salad fresh lettuce topped with bacon, baked chicken, shredded cheddar, and chopped egg 🌱	Greek Salad romaine lettuce with cucumbers, tomatoes, feta cheese, black olives and red onions 🌱	Chicken Caesar Salad fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls 🌱
Available Daily: Garden Salad, Chef Salad, Caesar Salad. Includes whole wheat dinner roll and your choice of fruit and milk					
	Chunky Monkey Smoothie made with chocolate milk, fresh bananas and lowfat vanilla yogurt 🌱 Very Berry Smoothie 🌱	Strawberry Apple Smoothie strawberries, apple juice, yogurt and honey 🌱 Roger Rabbit Smoothie 🌱	Mean Green Berry Smoothie made with yogurt, baby spinach, strawberries, blueberries, bananas & apple juice 🌱 Strawberry Pineapple Smoothie 🌱	Mango Madness Smoothie a fresh blend of yogurt, milk and mango 🌱 Strawberry Banana Smoothie	Strawberry Orange Smoothie a blend of vanilla yogurt with fresh strawberries and orange juice 🌱 Chunky Monkey Smoothie 🌱
	Potato Salad	Celery & Carrot Sticks w/ Low Fat Dressing carrots and celery sticks paired with dressing for dipping	Macaroni Salad	Cole Slaw	Cucumber Coins

WHITSON'S
School Nutrition

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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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VEGETARIAN

MADE WITH NATURAL INGREDIENTS

PORK

MADE WITH ORGANIC INGREDIENTS

Hamden High School

Welcome to our
Lunch Cafe

9/16/2019 - 9/20/2019

MEATLESS MONDAY









Monday

Tuesday

Wednesday

Thursday

Friday

	Honey Mustard Chicken Wrap freshly sliced chicken strips arranged under crisp lettuce and tomatoes drizzled with honey mustard dressing in a soft tortilla wrap 🌱	Tuna Salad Wrap* fresh chunky tuna salad with field greens and tomatoes served in a wrap 🌱 Egg Salad Wrap 🌱	Chicken Caesar Wrap freshly made tortilla wrap filled with sliced chicken, crisp lettuce, and cheese topped with low-fat Caesar dressing 🌱	BLT Wrap freshly made wrap filled with crispy bacon, lettuce, tomato and cheese 🌱	Turkey Ranch Wrap turkey breast with lettuce, tomato and ranch on a wrap 🌱
Available Daily: Assorted Boars Head cold cuts, cheeses and whole grain rich bread, rolls and wraps along with vegetable toppings					
 	Nachos Grande tortilla chips topped with freshly prepared mexi style meat and cheese sauce 🌱	Cheesy Stuffed Bread Sticks baked bread sticks filled with melted cheese 🌱 Caesar Salad	Soft Tacos freshly prepared fiesta-style meat with melted cheese wrapped in a warm soft taco shell 🌱	General Tso's Chicken crispy chicken with broccoli in General Tso's sauce 🌱 Brown Rice	Fiesta Taco Salad homemade crunchy tortilla bowl filled with fiesta style beef, crisp cucumbers, tomatoes, lettuce and shredded cheddar cheese 🌱
	Cheesy Veggie Burger warm veggie burger topped with melted cheese on a soft bun 🌱	Barbecue Rib Sandwich warm BBQ rib patty on a bun prepared in-house	Chicken Club Sandwich hand crafted sandwich with grilled chicken, crispy bacon, lettuce and juicy tomatoes 🌱	Philly Cheese Steak thinly sliced beef topped with sauteed peppers, onions and melted cheese on a lightly toasted bun prepared in-house 🌱	Fish Fillet with Cheese Sandwich warm sandwich prepared in-house, topped with crispy fish fillet and melted cheese 🌱
Available Daily: Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches					
	Homemade three Cheese Calzone calzone stuffed with three delicious melted cheeses 🌱 Pizzadilla 🌱	Cheese Ravioli with Tomato Sauce baked ravioli in tomato sauce 🌱 homemade Meat and Cheese Stromboli 🌱	Homemade Baked Pasta with Cheese pasta topped with melted cheese, baked to perfection 🌱 Homemade three Cheese Calzone 🌱	Mozzarella Sticks crispy mozzarella sticks filled with gooey cheese, perfect for dipping into your favorite sauce 🌱 Homemade Ham Pepperoni and Cheese Stromboli 🌱	Homemade Meatball Calzone fresh dough lightly brushed with garlic and oil sauce made from scratch, rolled with low fat seasoned ricotta and mozzarella cheeses, meatball slices, basil
Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough					
	Garden Salad with Hard Boiled Eggs & Dinner Rolls garden salad with tomato, cucumber, carrot, and hard boiled eggs 🌱	Greek Salad romaine lettuce with cucumbers, tomatoes, feta cheese, black olives and red onions 🌱 Chicken Waldorf Salad with Dinner Rolls 🌱	Cobb Salad fresh lettuce topped with bacon, baked chicken, shredded cheddar, and chopped egg 🌱	Greek Salad romaine lettuce with cucumbers, tomatoes, feta cheese, black olives and red onions 🌱	Chicken Caesar Salad fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls 🌱
Available Daily: Garden Salad, Chef Salad, Caesar Salad. Includes whole wheat dinner roll and your choice of fruit and milk					
	Chunky Monkey Smoothie made with chocolate milk, fresh bananas and lowfat vanilla yogurt 🌱 Very Berry Smoothie 🌱	Strawberry Apple Smoothie strawberries, apple juice, yogurt and honey 🌱 Roger Rabbit Smoothie 🌱	Mean Green Berry Smoothie made with yogurt, baby spinach, strawberries, blueberries, bananas & apple juice 🌱 Strawberry Pineapple Smoothie 🌱	Mango Madness Smoothie a fresh blend of yogurt, milk and mango 🌱 Strawberry Banana Smoothie	Strawberry Orange Smoothie a blend of vanilla yogurt with fresh strawberries and orange juice 🌱 Chunky Monkey Smoothie 🌱
	Potato Salad	Celery & Carrot Sticks w/ Low Fat Dressing carrots and celery sticks paired with dressing for dipping	Macaroni Salad	Cole Slaw	Cucumber Coins

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 VEGETARIAN

 MADE WITH NATURAL INGREDIENTS

 PORK

 MADE WITH ORGANIC INGREDIENTS

Hamden High School

Welcome to our
Lunch Cafe

9/23/2019 - 9/27/2019

MEATLESS MONDAY









Monday

Tuesday

Wednesday

Thursday

Friday

	<p>Honey Mustard Chicken Wrap freshly sliced chicken strips arranged under crisp lettuce and tomatoes drizzled with honey mustard dressing in a soft tortilla wrap 🌱</p>	<p>Tuna Salad Wrap* fresh chunky tuna salad with field greens and tomatoes served in a wrap 🌱 Egg Salad Wrap 🌱</p>	<p>Chicken Caesar Wrap freshly made tortilla wrap filled with sliced chicken, crisp lettuce, and cheese topped with low-fat Caesar dressing 🌱🌱</p>	<p>BLT Wrap freshly made wrap filled with crispy bacon, lettuce, tomato and cheese 🌱</p>	<p>SCHOOL CLOSED TODAY</p>
Available Daily: Assorted Boars Head cold cuts, cheeses and whole grain rich bread, rolls and wraps along with vegetable toppings					
 	<p>Nachos Grande tortilla chips topped with freshly prepared mexi style meat and cheese sauce 🌱</p>	<p>Baked Chicken Tenders crispy chicken tenders perfect for dipping in your favorite sauce Baked Potato Wedges</p>	<p>Soft Tacos freshly prepared fiesta-style meat with melted cheese wrapped in a warm soft taco shell 🌱</p>	<p>Famous Chili Cheese Fries golden baked potato wedges topped with chili and cheese 🌱🌱</p>	<p>SCHOOL CLOSED TODAY</p>
	<p>Cheesy Veggie Burger warm veggie burger topped with melted cheese on a soft bun 🌱🌱</p>	<p>Barbecue Rib Sandwich warm BBQ rib patty on a bun prepared in-house</p>	<p>Chicken Club Sandwich hand crafted sandwich with grilled chicken, crispy bacon, lettuce and juicy tomatoes 🌱</p>	<p>Philly Cheese Steak thinly sliced beef topped with sauteed peppers, onions and melted cheese on a lightly toasted bun prepared in-house 🌱</p>	<p>SCHOOL CLOSED TODAY</p>
Available Daily: Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches					
	<p>Homemade three Cheese Calzone calzone stuffed with three delicious melted cheeses 🌱🌱 Pizzadilla 🌱</p>	<p>Cheese Ravioli with Tomato Sauce baked ravioli in tomato sauce 🌱🌱 homemade Meat and Cheese Stromboli 🌱</p>	<p>Homemade Baked Pasta with Cheese pasta topped with melted cheese, baked to perfection 🌱🌱 Homemade three Cheese Calzone 🌱🌱</p>	<p>Mozzarella Sticks crispy mozzarella sticks filled with gooey cheese, perfect for dipping into your favorite sauce 🌱 Homemade Ham Pepperoni and Cheese Stromboli 🌱🌱</p>	<p>SCHOOL CLOSED TODAY</p>
Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough					
	<p>Garden Salad with Hard Boiled Eggs & Dinner Rolls garden salad with tomato, cucumber, carrot, and hard boiled eggs 🌱🌱</p>	<p>Greek Salad romaine lettuce with cucumbers, tomatoes, feta cheese, black olives and red onions 🌱🌱 Chicken Waldorf Salad with Dinner Rolls 🌱</p>	<p>Cobb Salad fresh lettuce topped with bacon, baked chicken, shredded cheddar, and chopped egg 🌱</p>	<p>Greek Salad romaine lettuce with cucumbers, tomatoes, feta cheese, black olives and red onions 🌱🌱</p>	<p>SCHOOL CLOSED TODAY</p>
Available Daily: Garden Salad, Chef Salad, Caesar Salad. Includes whole wheat dinner roll and your choice of fruit and milk					
	<p>Chunky Monkey Smoothie made with chocolate milk, fresh bananas and lowfat vanilla yogurt 🌱 Very Berry Smoothie 🌱🌱</p>	<p>Strawberry Apple Smoothie strawberries, apple juice, yogurt and honey 🌱🌱 Roger Rabbit Smoothie 🌱🌱</p>	<p>Mean Green Berry Smoothie made with yogurt, baby spinach, strawberries, blueberries, bananas & apple juice 🌱🌱 Strawberry Pineapple Smoothie 🌱🌱</p>	<p>Mango Madness Smoothie a fresh blend of yogurt, milk and mango 🌱🌱 Strawberry Banana Smoothie</p>	<p>SCHOOL CLOSED TODAY</p>
	<p>Potato Salad</p>	<p>Celery & Carrot Sticks w/ Low Fat Dressing carrots and celery sticks paired with dressing for dipping</p>	<p>Macaroni Salad</p>	<p>Cole Slaw</p>	<p>SCHOOL CLOSED TODAY</p>

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