

# Welcome to our Lunch Cafe at...

Hamden West Woods Elementary School

April 2019

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday

1 Crispy Chicken Sandwich  
warm crispy breaded chicken on  
a bun prepared in-house  
Or Cheesy Veggie Burger  
Fresh Banana  
Garden Salad  
**HARVEST**

2 Roasted Turkey with  
Gravy  
oven roasted turkey breast  
smothered with gravy  
Fluffy Mashed Potatoes  
Steamed Carrots  
Or Fish Fillet with Cheese  
Sandwich  
Fresh Orange  
Dinner Rolls

3 Mexican Style Chicken  
diced chicken cooked with  
mexican style spices  
Nachos with Cheese  
Spicy Black Bean Salad  
Or Turkey & Cheese  
Sandwich  
Apple 100% Juice  
Brown Rice  
**NEW**

4 Cheeseburger  
Sweet Potato Fries  
Cinnamon Applesauce  
  
1/2 Day No "B" Lunch

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

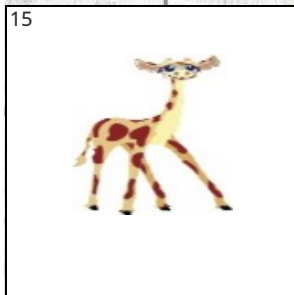
8 Chicken Nuggets  
Or Stuffed Bread  
baked bread sticks filled with  
melted cheese  
Sweet Potato Fries  
Apple Cherry 100% Juice  
Whole Wheat Dinner Roll

9 Crispy Tacos  
homemade spicy taco meat  
inside a crispy taco shell topped  
with cheese  
Brown Rice  
Black Beans  
Salsa  
Turkey Ranch Wrap  
100% Juice Fruit Punch

10 Chicken Bowl with Gravy  
popcorn chicken layered with  
mashed potatoes and corn,  
smothered in gravy  
Or Chicken Salad Wrap  
Sliced Peaches  
Fresh Baby Carrots  
Garlic Bread

11 Homemade Mac &  
Cheese  
pasta in cheese sauce, garnished  
with parsley  
Or Jelly Sandwich with  
String Cheese  
Steamed Broccoli  
Fresh Grapes

12 Cheese Pizza  
crispy pizza dough topped with  
tomato sauce and melted cheese  
Or Pepperoni Pizza  
Oven Baked Fries  
Fresh Apple



16

17

18



# Spring Vacation

22 Mixed Up Chicken  
golden chicken nuggets and  
chicken tenders with a dinner roll  
Mixed Vegetables  
Or Mozzarella Sticks  
Sliced Peaches  
Whole Wheat Dinner Roll

23 Beef and Cheese  
Quesadilla  
melted cheese with homemade  
fiesta beef folded inside a grilled  
tortilla  
Side Salad  
Pineapple Cup  
Or Jelly Sandwich with  
String Cheese

24 Whole Grain Waffles with  
Sausage  
light and crispy waffles served  
with a sausage patty  
Crispy Potato Puffs  
Or Ham & Cheese  
Sandwich  
Fresh Apple  
**BRUNCH FOR LUNCH TODAY!**

25 Nachos Grande  
tortilla chips topped with freshly  
prepared mexi style meat and  
cheese sauce  
Black Beans  
Fresh Orange  
Or Chicken Caesar Wrap  
Brown Rice  
**Lucky Tray Day!**

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

29 Baked Chicken Tenders  
crispy chicken tenders perfect for  
dipping in your favorite sauce  
Whole Wheat Dinner Roll  
Fresh Orange  
Caesar Salad  
Or Veggie Burger

30 Turkey Hot Dog on Bun  
turkey hot dog on soft bun  
Baked Potato Wedges  
Or Chicken Salad  
Sandwich  
Diced Pear Cup  
Baked Beans  
**Student Appreciation Day**

## 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.

**WHITSON'S**  
School Nutrition



At Whitsons, we know that good nutrition fuels students for optimal performance, both mentally and physically. We work hard to make sure all of our menus are healthy, nutritious and taste good. To learn more visit us at [www.Whitsons.com](http://www.Whitsons.com) or scan our QR code to see all that we are doing to keep our young customers healthy!



**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 \$2.7! 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.

Choice of low-fat or skim milk available daily

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

\*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.