

Hamden High School

Welcome to our
Lunch Cafe

12/3/2018 - 12/7/2018

MEATLESS MONDAY

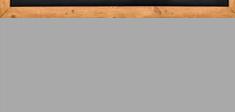
Monday

Tuesday

Wednesday

Thursday

Friday

	<p>Easy Cheesy Vegetable Wrap crisp lettuce and cucumber with juicy tomatoes and a layer of cheese wrapped in a cream cheese coated tortilla 🌱</p>	<p>Tuna Salad Wrap* fresh chunky tuna salad with field greens and tomatoes served in a 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>Turkey Ranch Wrap turkey breast with lettuce, tomato and ranch on a wrap 🌱</p>
<p>Available Daily: Assorted Boars Head cold cuts, cheeses and whole grain rich bread, rolls and wraps along with vegetable toppings</p>					
	<p>Two Cheese Quesadilla grilled cheese quesadilla Spicy Black Bean Salad</p>	<p>Southwest Turkey Griller freshly prepared grilled cheese sandwich with turkey breast, melted mozzarella, melted provolone and fresh salsa 🌱</p> <p>Baked Potato Wedges</p>	<p>Chicken Parmesan Over Pasta oven baked chicken topped with sauce and melted cheese, all over pasta 🌱🌱</p> <p>Caesar Salad</p>	<p>Homemade Shepherd's Pie seasoned ground meat and crisp vegetables covered in creamy mashed potatoes, melted cheese, and gravy 🌱</p> <p>Garlic Bread</p>	<p>Bacon Cheeseburger burger topped with cheese and bacon on a freshly toasted bun Onion Rings Steamed Carrots</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>Meatball Hero freshly baked meatballs mixed in a rich tomato sauce inside a soft roll topped with melted mozzarella 🌱🌱</p>	<p>Fish Fillet with Cheese Sandwich warm sandwich prepared in-house, topped with crispy fish fillet and melted cheese 🌱</p>
<p>Available Daily: Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches</p>					
	<p>Cheese Pizza crispy pizza dough topped with tomato sauce and melted cheese 🌱</p>	<p>Crispy Bacon Pizza pizza dough topped with tomato sauce, cheese and crispy bacon 🌱</p>	<p>Broccoli Pizza freshly made pizza topped with fresh mozzarella cheese and crisp broccoli florets 🌱</p> <p>3 Cheese Stromboli 🌱</p>	<p>Buffalo Chicken Pizza freshly made cheese pizza topped with Buffalo chicken pieces 🌱</p>	<p>Pepperoni Pizza cheese pizza topped with pepperoni 🌱</p> <p>Three Cheese Calzone 🌱</p>
<p>Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough</p>					
	<p>Garden Salad with Hard Boiled Eggs & Dinner Rolls garden salad with tomato, cucumber, carrot, and hard boiled eggs 🌱🌱</p>	<p>Chicken Waldorf Salad with Dinner Rolls diced fresh apples, chopped celery, sour cream and grilled chicken salad 🌱</p>	<p>Cobb Salad fresh lettuce topped with bacon, baked chicken, shredded cheddar, and chopped egg 🌱</p>	<p>Chicken Caesar Salad fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls 🌱</p>	<p>Chef Salad fresh lettuce topped with sliced deli meats and cheeses 🌱</p>
<p>Available Daily: Garden Salad, Chef Salad, Caesar Salad. Includes whole wheat dinner roll and your choice of fruit and milk</p>					
	<p>Nachos with Cheese creamy cheese layered over a bed of nachos 🌱</p>	<p>Crispy Tacos homemade spicy taco meat inside a crispy taco shell topped with cheese 🌱</p>	<p>Chicken Fajita Wrap seasoned chicken with sauteed onions and peppers topped with tomato, lettuce, and cheese on a tortilla prepared in-house 🌱</p>	<p>Soft Tacos freshly prepared fiesta-style meat with melted cheese wrapped in a warm soft taco shell</p>	<p>Nachos Grande tortilla chips topped with freshly prepared mexi style meat and cheese sauce 🌱</p>
<p>Available Daily: Nachos, Crispy and Soft Tacos, Mexi-Rice with your choice of Mexi Beef, Mexi Chicken, Mexi Veg, Refried Beans, Cheese</p>					
	<p>Potato Salad Strawberry Banana Smoothie</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>Cucumber Coins</p>

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.

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

12/10/2018 - 12/14/2018

MEATLESS MONDAY

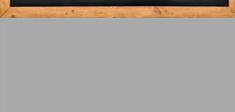
Monday

Tuesday

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Friday

	<p>Easy Cheesy Vegetable Wrap crisp lettuce and cucumber with juicy tomatoes and a layer of cheese wrapped in a cream cheese coated tortilla 🌱</p>	<p>Tuna Salad Wrap* fresh chunky tuna salad with field greens and tomatoes served in a 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>Turkey Ranch Wrap turkey breast with lettuce, tomato and ranch on a wrap 🌱</p>
<p>Available Daily: Assorted Boars Head cold cuts, cheeses and whole grain rich bread, rolls and wraps along with vegetable toppings</p>					
	<p>Grilled Cheese Sandwich golden toasted bread with melted gooey cheese pressed and prepared in-house 🌱 Tomato Soup Garlic Spear Pickle</p>	<p>General Tso Chicken Noodle Bowl freshly baked chicken in a soy ginger sauce with vegetables over noodles 🌱 Steamed Broccoli</p>	<p>Roasted Turkey with Gravy oven roasted turkey breast smothered with gravy Fluffy Mashed Potatoes Grilled Ham & Cheese Sandwich Homemade Chicken Soup</p>	<p>Beef Hot Dog on Bun juicy beef hot dog on a soft bun 🌱 Baked Beans</p>	<p>Chicken Bowl with Cheese popcorn chicken layered with mashed potatoes and corn, covered in cheese 🌱 Cheesy Garlic Bread</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>Meatball Hero freshly baked meatballs mixed in a rich tomato sauce inside a soft roll topped with melted mozzarella 🌱🌱</p>	<p>Fish Fillet with Cheese Sandwich warm sandwich prepared in-house, topped with crispy fish fillet and melted cheese 🌱</p>
<p>Available Daily: Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches</p>					
	<p>Cheese Pizza crispy pizza dough topped with tomato sauce and melted cheese 🌱</p>	<p>Crispy Bacon Pizza pizza dough topped with tomato sauce, cheese and crispy bacon 🌱</p>	<p>3 Cheese Stromboli rolled pizza crust stuffed with mozzarella, parmesan and cheddar cheeses 🌱</p>	<p>Buffalo Chicken Pizza freshly made cheese pizza topped with Buffalo chicken pieces 🌱</p>	<p>Three Cheese Calzone calzone stuffed with three delicious melted cheeses 🌱</p>
<p>Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough</p>					
	<p>Garden Salad with Hard Boiled Eggs & Dinner Rolls garden salad with tomato, cucumber, carrot, and hard boiled eggs 🌱🌱</p>	<p>Chicken Waldorf Salad with Dinner Rolls diced fresh apples, chopped celery, sour cream and grilled chicken salad 🌱</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>Chef Salad fresh lettuce topped with sliced deli meats and cheeses 🌱</p>
<p>Available Daily: Garden Salad, Chef Salad, Caesar Salad. Includes whole wheat dinner roll and your choice of fruit and milk</p>					
	<p>Nachos with Cheese creamy cheese layered over a bed of nachos 🌱</p>	<p>Chicken Fajita Wrap seasoned chicken with sauteed onions and peppers topped with tomato, lettuce, and cheese on a tortilla prepared in-house 🌱</p>	<p>Nachos Grande tortilla chips topped with freshly prepared mexi style meat and cheese sauce 🌱</p>	<p>Soft Tacos freshly prepared fiesta-style meat with melted cheese wrapped in a warm soft taco shell</p>	<p>Nachos Grande tortilla chips topped with freshly prepared mexi style meat and cheese sauce 🌱</p>
<p>Available Daily: Nachos, Cripsy and Soft Tacos, Mexi-Rice with your choice of Mexi Beef, Mexi Chicken, Mexi Veg, Refried Beans, Cheese</p>					
	<p>Potato Salad</p>	<p>Red Pepper Strips</p>	<p>Macaroni Salad</p>	<p>Cole Slaw Strawberry Banana Smoothie</p>	<p>Cucumber Coins</p>

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 VEGETARIAN

 MADE WITH NATURAL INGREDIENTS

 PORK

 MADE WITH ORGANIC INGREDIENTS

Hamden High School

Welcome to our
Lunch Cafe

12/17/2018 - 12/21/2018

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday

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<p>Available Daily: Assorted Boars Head cold cuts, cheeses and whole grain rich bread, rolls and wraps along with vegetable toppings</p>					
	<p>Stuffed Bread baked bread sticks filled with melted cheese 🌱 Caesar Salad</p>	<p>Chicken & Broccoli Alfredo grilled chicken and broccoli florets tossed in a creamy sauce over tender pasta 🌱🌱 Green Bean Salad</p>	<p>Hot Open Turkey Sandwich with Gravy thinly sliced turkey breast over bread topped with gravy Steamed Carrots</p>	<p>Smokehouse Pulled Pork Sandwich smokehouse pulled pork on a roll with cole slaw Chili Roasted Garbanzo Beans Whole Wheat Dinner Roll</p>	<p>Whole Grain French Toast Slices whole grain slices of French toast baked to perfection 🌱 Turkey Sausage Patty Hash Brown Potatoes</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>Meatball Hero freshly baked meatballs mixed in a rich tomato sauce inside a soft roll topped with melted mozzarella 🌱🌱</p>	<p>Fish Fillet with Cheese Sandwich warm sandwich prepared in-house, topped with crispy fish fillet and melted cheese 🌱</p>
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	<p>Garden Salad with Hard Boiled Eggs & Dinner Rolls garden salad with tomato, cucumber, carrot, and hard boiled eggs 🌱🌱</p>	<p>Chicken Caesar Salad fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls 🌱 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>Chef Salad fresh lettuce topped with sliced deli meats and cheeses 🌱🌱</p>
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 	<p>Potato Salad</p>	<p>Macaroni Salad Strawberry Banana Smoothie</p>	<p>Broccoli Bites</p>	<p>Cole Slaw</p>	<p>Cucumber Coins</p>

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 VEGETARIAN

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 PORK

 MADE WITH ORGANIC INGREDIENTS

Hamden High School

Welcome to our
Lunch Cafe

12/24/2018 - 12/28/2018

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday



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



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



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



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



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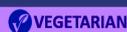


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Hamden High School

Welcome to our
Lunch Cafe

12/31/2018 - 12/31/2018

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday



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



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



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



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



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