

# Welcome to our Lunch Cafe at...

## Newtown Sandy Hook

# February 2019

**MEATLESS MONDAY**

Monday

Tuesday

Wednesday

Thursday

Friday

# 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.



- 1 Classic Cheese Pizza
- Or**
- Pepperoni Pizza
  - Garden Salad
  - Grape Tomatoes
  - Strawberry Cup
  - Fresh Apple

**Weekly Alternate: Grilled Cheese Sandwich**

- 4 Mozzarella Sticks
- Spaghetti Sauce
- Oven Baked Fries
- Cucumber Coins
- Fresh Orange

- 5 Pasta & Meatballs
- Steamed Broccoli
- Carrot Dippers
- Strawberry Cup
- Fresh Apple

- 6 Whole Grain French Toast Slices
- Turkey Sausage Patty
- Red Pepper Strips
- Celery Sticks
- Fresh Apple
- Fresh Banana

BRUNCH FOR LUNCH TODAY!

- 7 BBQ Chicken Wrap
- Sweet Potato Fries
- Black Beans
- Fresh Orange
- Applesauce



- 8 Classic Cheese Pizza
- Or**
- Buffalo Chicken Pizza
  - Caesar Salad
  - Strawberry Cup
  - Fresh Apple

**Weekly Alternate: Crispy Chicken Sandwich on Whole Wheat Bun**

- 11 Homemade Mac & Cheese
- Sweet Corn
- Cucumber Coins
- Pineapple Cup
- Fresh Orange

- 12 Chicken Nuggets
- Whole Wheat Dinner Roll
- Sweet Potato Fries
- Celery
- Fresh Apple
- Fresh Orange



- 13 Meatball Hero
- Peas and Carrots
- Celery Sticks
- Fresh Banana
- Pineapple Cup

**National Italian Food Day!**



- 14 Turkey Hot Dog on Bun *turkey hot dog on soft bun*
- Crispy Potato Puffs
- And Baked Beans
- Celery Sticks
- Fresh Banana
- Fresh Apple

- 15 Classic Cheese Pizza
- Or**
- Pepperoni Pizza
  - Caesar Salad
  - Carrot Dippers
  - Cucumber Coins
  - Blueberries
  - Diced Pear Cup

**Weekly Alternate: Tuna Salad Wrap**



**SCHOOL CLOSED TODAY**

- 20 Honey Mustard Chicken Sauce & Toss
- Whole Wheat Dinner Roll
- Carrot Dippers
- Cucumber Coins
- Mixed Berry Cup
- Pineapple Cup

- 21 Whole Grain Pancakes with Sausage
- Cinnamon & Honey
- Roasted Beans
- Celery Sticks
- Applesauce
- Fresh Banana

**National Pancake Day!**

- 22 Classic Cheese Pizza
- Or**
- Pepper and Onion Pizza
  - Garden Salad
  - Fresh Orange
  - Diced Pear Cup

**Weekly Alternate: Chicken Smokehouse Sandwich**

- 25 Stuffed Bread
- Crispy Potato Puffs
- Cucumber Coins
- Blueberries
- Strawberry Cup

- 26 Baked Chicken Tenders
- Brown Rice
- Steamed Broccoli
- Carrot Dippers
- Pineapple Cup
- Fresh Apple

- 27 Burger
- Or**
- Cheeseburger
- Sweet Potato Fries
- Cucumber Coins
- Strawberry Cup
- Fresh Orange

**National Strawberry Day!**

- 28 French American Griller
- Confetti Garbanzo Bean Salad
- Red Pepper Strips
- Applesauce
- Fresh Banana

BRUNCH FOR LUNCH TODAY!

**Weekly Alternate: Pizza Bagel**

**MEATLESS MONDAY**

All of our entrées are made with lean meats, low-fat cheeses, and whole grain products. This is because we are Simply Rooted™ in food and family and we care about what we serve to our young customers. Our ingredients are locally sourced, all natural, organic and non-GMO, whenever possible.



Lunch Prices:

Full Price: \$2.85  
Reduced: \$0.40

Questions or Comments? Call Food Service Director Joseph C Stango, Jr. 203-426-7637

Daily Alternate Meals (offered everyday)

1. Bagel Fun Lunch: Whole Wheat Bagel with Cream Cheese, Low-Fat Yogurt, and Cheese Stick
2. Garden Salad Entree: Mixed Greens with Tomato, Cucumbers, and Low-Fat Cheese with Whole Wheat Dinner Rolls (2) and Assorted Dressings
3. Peanut Butter & Jelly: Peanut Butter and Jelly on Whole Wheat Bread

All lunches include fresh and cupped fruit selection and vegetable selection. Milk (fat-free, 1% or fat-free chocolate milk) is available with every meal.

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.