

Welcome to our Lunch Cafe at...

Newtown Sandy Hook

May 2019

MEATLESS MONDAY

Monday

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.



Tuesday

Wednesday

Thursday

Friday

- 1 Crispy Popcorn Chicken
Homemade Mac & Cheese Side
Peas and Carrots
Celery Sticks
Fresh Fruit Cup
Fresh Orange

- 2 Whole Grain French Toast Slices
whole grain slices of French toast baked to perfection
Turkey Sausage Patty
Garbanzo Beans
Red Pepper Strips
Pear and Pineapple Cup
Fresh Banana

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

Weekly Alternate: Cheeseburger

- 6 Mozzarella Sticks
crispy mozzarella sticks filled with gooey cheese, perfect for dipping into your favorite sauce
Or
Oven Baked Fries
Cucumber Coins
Blueberries
Fresh Apple

MEATLESS MONDAY

- 7 Nachos Grande
tortilla chips topped with freshly prepared mexi style meat and cheese sauce
Steamed Carrots
Red Pepper Strips
Fresh Orange
Strawberry Cup

- 8 Whole Grain Waffles with Sausage
light and crispy waffles served with a sausage patty
Cinnamon Apple Slices
Crispy Potato Puffs
Grape Tomatoes
Fresh Banana



- 9 Burger
Or
Cheeseburger
burger topped with cheese on a freshly toasted bun
Black Beans
Celery Sticks
Fresh Orange
Applesauce

- 10 Classic Cheese Pizza
Or
Pepperoni Pizza
Spinach Salad
Broccoli Bites
Strawberry Cup
Fresh Apple

Weekly Alternate: Crispy Chicken Sandwich

- 13 Stuffed Bread
baked bread sticks filled with melted cheese
Crispy Potato Puffs
Cucumber Coins
Pineapple Cup
Fresh Orange

MEATLESS MONDAY

- 14 Crispy Tacos
homemade spicy taco meat inside a crispy taco shell topped with cheese
Brown Rice
Black Beans
Red Pepper Strips
Fresh Apple
Fresh Orange

- 15 Homemade Pasta & Meatballs
freshly baked meatballs with tomato sauce over pasta
Steamed Carrots
Celery Sticks
Fresh Banana
Pineapple Cup

- 16 Chicken Nuggets
crispy breaded chicken nuggets perfect for dipping in your favorite sauce
Oven Baked Fries
Broccoli Bites
Fresh Banana
Fresh Apple

- 17 Classic Cheese Pizza
Or
Pepperoni Pizza
Caesar Salad
Carrot Dippers
Blueberries
Diced Pear Cup

Weekly Alternate: Turkey Hot Dog

- 20 Homemade Baked Pasta with Cheese
Sweet Corn
Carrot Dippers
Sliced Peaches
Fresh Apple

MEATLESS MONDAY

- 21 Nachos Grande
tortilla chips topped with freshly prepared mexi style meat and cheese sauce
Black Beans
Red Pepper Strips
Fresh Grapes
Applesauce

- 22 Chicken and Waffles
crispy chicken tenders on top of fluffy waffles
Green Beans
Grape Tomatoes
Mixed Berry Cup
Pineapple Cup



- 23 Pizza Bite & Mozzarella Stick Combo
everyone's two favorite foods on one plate! crispy pizza bites and gooey mozzarella sticks served with dipping sauce
Steamed Spinach
Celery Sticks
Applesauce
Fresh Banana

- 24 Classic Cheese Pizza
Or
Pepperoni Pizza
Garden Salad
Cucumber Coins
Fresh Orange
Diced Pear Cup

Weekly Alternate: Yogurt Parfait with Mixed Berries and Granola

- 28 Baked Chicken Tenders
Brown Rice
Steamed Spinach
Carrot Dippers
Pineapple Cup
Fresh Apple



- 29 Pasta & Meat Sauce
Steamed Broccoli
Carrot Dippers
Strawberry Cup
Fresh Orange

- 30 Soft Tacos
Confetti Garbanzo Bean Salad
Red Pepper Strips
Applesauce
Fresh Banana

- 31 Classic Cheese Pizza
Or
Pepperoni Pizza
Caesar Salad
Celery Sticks
Fresh Orange
Diced Pear Cup

Weekly Alternate: Pizza Bites

At Whitsons, we believe that providing young students with wholesome meals that taste great, along with food and nutrition education, helps position them for academic success and to live a more healthful life.



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.