

Welcome to our Lunch Cafe at...

Newtown Sandy Hook

June 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.



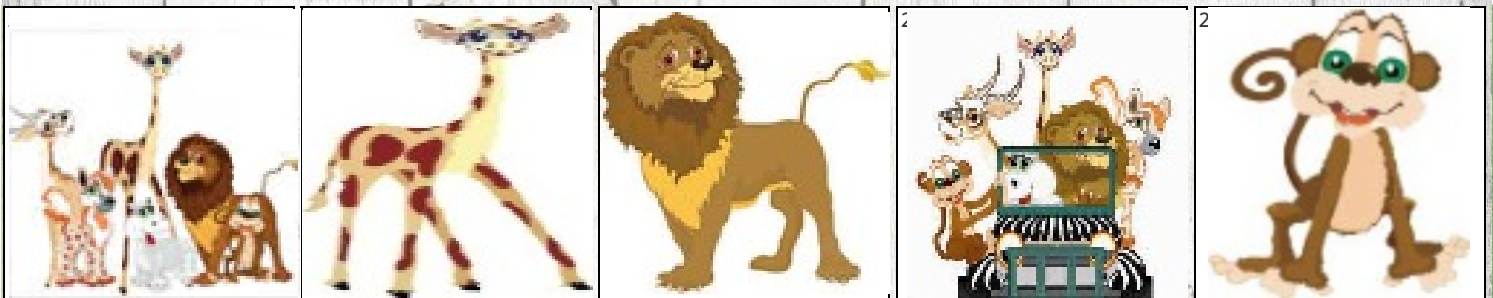
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| <p>3 Cheesy Stuffed Bread Sticks <i>baked bread sticks filled with melted cheese</i> ✓ With Tomato Sauce Dip Steamed Broccoli Sweet Corn Fresh Orange Fresh Apple</p> | <p>4 Chicken Nuggets <i>crispy breaded chicken nuggets perfect for dipping in your favorite sauce</i> Whole Wheat Dinner Roll Red Pepper Strips Cucumber Coins Diced Pear Cup Pineapple Cup</p> | <p>5 Whole Grain French Toast <i>slices of French toast baked to perfection</i> ✓ Turkey Sausage Patty Crispy Potato Puffs Grape Tomatoes Mixed Berry Cup Fresh Banana</p> | <p>6 Nachos Grande <i>tortilla chips topped with freshly prepared mexi style meat and cheese sauce</i> ✓ Black Beans Carrot Dippers Fresh Apple Fresh Melon Cup</p> | <p>7 Classic Cheese Pizza ✓ Or Pepperoni Pizza Spinach Salad Celery Sticks Sliced Peaches Fresh Orange</p> |
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Weekly Alternate: Cheese Quesadilla on Whole Wheat Tortilla

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| <p>10 Mozzarella Sticks <i>crispy mozzarella sticks filled with gooey cheese, perfect for dipping into your favorite sauce</i> ✓ With Spaghetti Sauce Oven Baked Fries Cucumber Coins Fresh Apple Fresh Orange</p> | <p>11 Baked Chicken Tenders <i>crispy chicken tenders perfect for dipping in your favorite sauce</i> Steamed Spinach Carrot Dippers Mixed Berry Cup Pineapple Cup</p> | <p>12 Cheeseburger Or Burger Mixed Vegetables Celery Sticks Diced Pear Cup Fresh Banana</p> | <p>13 Classic Cheese Pizza ✓ Or Pepperoni Pizza Garden Salad Red Pepper Strips Fresh Orange Applesauce</p> | |
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Weekly Alternate: Crispy Chicken Sandwich on Whole Wheat Bun

Have a Great Summer!



Our back to basics approach has enabled us to get to the heart of what matters to our student customers when it comes to food. Serving wholesome great tasting food, and teaching students about food and nutrition, sets the stage for them to enjoy more enriching educational experiences around the foods they eat.



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.

*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.

