

Welcome to our Lunch Cafe @

Newtown Head O' Meadow

October 2017

Monday

Tuesday

Wednesday

Thursday

Friday

Looking for a job that gives you the freedom to be home with your children when they don't have school? The food service department is now hiring. Please call the Food Service Director at 203-426-7637



We proudly support clean, safe, local and sustainable agriculture.

<p>2 Crispy Chicken Sandwich <i>crispy breaded chicken on a bun</i> Corn Celery Sticks Fresh Banana Fresh Orange</p>	<p>3 Stuffed Bread Sticks Steamed Broccoli Red Pepper Strips Melon Cup Fresh Apple</p>	<p>4 Pancakes & Sausage Hashbrowns Glazed Carrots Fresh Orange Strawberries</p>	<p>5 Nachos with Cheese Baked Beans Cucumber Coins Diced Pears Sliced Apples</p>	<p>6 Cheese Pizza Pepperoni Pizza Celery Spinach Salad Mixed Fruit Fresh Banana</p>
Weekly Alternate: Grilled Cheese on Whole Wheat Bread				
<p>9 Chicken Nuggets Oven Baked Fries Fresh Cucumber Salad Strawberry Cup Diced Peaches</p>	<p>10 Ravioli with Sauce Glazed Carrots Cucumber Coins Sliced Oranges Cinnamon Applesauce</p>	<p>11 Burger <i>burger on a freshly toasted bun</i> Or Cheeseburger Sweet Potato Fries Red Pepper Strips Fresh Orange Fresh Banana</p>	<p>12 Chicken Quesadilla Corn Green Bean Salad Honeydew and Cantaloupe Cup Fresh Apple</p>	<p>13 Cheese Pizza Pepperoni Pizza Caesar Salad Fresh Broccoli Diced Peaches Fresh Orange</p>
Weekly Alternate: Chicken Patty on a whole wheat bun				
<p>16 Popcorn Chicken <i>breaded chicken bites baked to perfection</i> Sweet Potato Fries Celery Sticks Apple Slices Fresh Banana</p>	<p>17 Mac & Cheese <i>pasta in cheese sauce, garnished with parsley</i> Side of Carrots Red Pepper Strips Mixed Fruit Cup Diced Pears</p>	<p>18 Waffles with Sausage <i>light and crispy waffles served with a sausage patty</i> Tator Tots Side of Carrots Fresh Banana Fresh Orange</p>	<p>19 Turkey Hot Dog on Bun Beans Celery Sticks Honeydew and Cantaloupe Cup Cinnamon Applesauce</p>	<p>20 Cheese Pizza Pepperoni Pizza Spinach Salad Cucumber Coins Fresh Banana Diced Pears</p>
Weekly Alternate: Cheese Quesadilla on a whole wheat wrap				
<p>23 Pasta & Meatballs Garlic Bread Peas & Carrots Fresh Broccoli Fresh Banana Strawberries</p>	<p>24 BBQ Rib Sandwich <i>BBQ rib patty on a bun</i> Sweet Potato Fries Red Pepper Strips Fresh Orange Honeydew and Cantaloupe Cup</p>	<p>25 Mozzarella Sticks Green Beans Carrot Dippers Fresh Apple Sliced Peaches</p>	<p>26 Cheese Quesadilla Refried Beans Celery Sticks Fresh Banana Strawberries</p>	<p>27 Cheese Pizza Pepperoni Pizza Caesar Salad Fresh Broccoli Fresh Apple Diced Pears</p>
Weekly Alternate: Yogurt Parfait w/ Granola and Assorted Fruit				
<p>30 Chicken Nugget & Mozzarella Stick Combo Oven Baked Fries Peas Fresh Orange Fresh Banana</p>	<p>31 Meatball Parmesan Sandwich Roasted Butternut Squash Red Pepper Strips Blueberries Honeydew and Cantaloupe Cup</p>			
Weekly Alternate: Whole Wheat Veggie Pita Pocket				

SIMPLY ROOTED™
in food and family

All of our products have zero trans-fats, unless they are naturally occurring. We are Simply Rooted™ in food and family and use ingredients that are locally sourced, all natural,



and organic or non-GMO, whenever possible.



Lunch Prices:

Full Price \$2.85
Reduced \$0.40

Questions or Comments?
Call Foodservice Director
Luiza Emery
@ 203-426-7637

Daily Alternate Meals (offered everyday)

- Bagel Fun Lunch: Whole Wheat Bagel with Cream Cheese, Low Fat Yogurt and Cheese Stick
- Garden Salad Entree: Mixed Greens with Tomato, Cucumbers & Low Fat Cheese with Whole Wheat Dinner Rolls (2)
- Peanut Butter & Jelly: Peanut Butter and Jelly on a 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. USDA is an equal opportunity provider, employer, and lender.