



Welcome to our Lunch Cafe at...

Newtown Sandy Hook

October 2018

MEATLESS MONDAY

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Mozzarella Sticks <i>crispy mozzarella sticks filled with gooey cheese, perfect for dipping into your favorite sauce</i></p> <p>Oven Baked Fries Carrot Dippers Fresh Banana Applesauce</p>	<p>2 Meatball Hero <i>freshly baked meatballs mixed in a rich tomato sauce inside a soft roll topped with melted mozzarella</i></p> <p>Cauliflower Popcorn Red Pepper Strips Fresh Apple Diced Pear Cup</p>	<p>3 Mixed Up Chicken <i>golden chicken nuggets and chicken tenders with a dinner roll</i></p> <p>Steamed Carrots Cucumber Coins Blueberries Fresh Orange</p>	<p>4 Turkey Hot Dog on Bun <i>turkey hot dog on soft bun</i></p> <p>Baked Beans Celery Sticks Fresh Banana Sliced Apples</p>	<p>5 Cheese Pizza Or Pepperoni Pizza</p> <p>Spinach Salad Cucumber Coins Diced Pear Cup Blueberries</p>
Weekly Alternate: Cheese Quesadilla on a whole wheat tortilla				
<p>8 Stuffed Bread Sticks</p> <p>Sweet Corn Cucumber Coins Fresh Orange Blueberries</p>	<p>9 Burger <i>burger on a freshly toasted bun</i></p> <p>Or Cheeseburger Oven Baked Fries Red Pepper Strips Cinnamon Applesauce Pineapple Cup</p>	<p>10 Pasta & Meatballs With Garlic Bread</p> <p>Steamed Carrots Grape Tomatoes Fresh Orange Fresh Banana</p>	<p>11 Baked Chicken Tenders <i>crispy chicken tenders perfect for dipping in your favorite sauce</i></p> <p>Garbanzo Beans Celery Sticks Fresh Apple Diced Pear Cup</p>	<p>12 Cheese Pizza Or Pepperoni Pizza</p> <p>Caesar Salad Broccoli Bites Diced Peaches Fresh Orange</p>
Weekly Alternate: Grilled Cheese on Whole Wheat Bread				
<p>15 Nachos with Cheese <i>creamy cheese layered over a bed of nachos</i></p> <p>Nachos Grande Sweet Corn Cucumber Coins Fresh Orange Blueberries</p>	<p>16 Whole Grain Pancakes with Sausage <i>light and fluffy pancakes served with a sausage patty</i></p> <p>Crispy Potato Puffs Red Pepper Strips Fresh Banana Diced Pear Cup</p>	<p>17 Homemade Mac & Cheese</p> <p>Steamed Carrots Cucumber Coins Blueberries Fresh Orange</p>	<p>18 Chicken Nuggets Garbanzo Beans Celery Sticks Fresh Apple Pineapple Cup</p>	<p>19 Cheese Pizza Or Pepperoni Pizza</p> <p>Caesar Salad Broccoli Bites Diced Peaches Fresh Orange</p>
Weekly Alternate: Chicken Patty on a whole wheat bun				
<p>22 Mozzarella Sticks <i>crispy mozzarella sticks filled with gooey cheese, perfect for dipping into your favorite sauce</i></p> <p>Oven Baked Fries Red Pepper Strips Fresh Banana Applesauce</p>	<p>23 Barbecue Rib Sandwich Steamed Broccoli Carrot Dippers Fresh Apple Sliced Peaches</p>	<p>24 Whole Grain Waffles with Sausage <i>light and crispy waffles served with a sausage patty</i></p> <p>Steamed Carrots Cucumber Coins Fresh Banana Fresh Orange</p>	<p>25 Tangerine Chicken <i>WG breaded chicken in a tangerine sauce</i></p> <p>With Brown Rice Black Beans Grape Tomatoes Blueberries Applesauce</p>	<p>26 Cheese Pizza Or Pepperoni Pizza</p> <p>Caesar Salad Broccoli Bites Fresh Apple Diced Pear Cup</p>
Weekly Alternate: Yogurt Parfait w/ Granola and Assorted Fruit				
<p>29 Stuffed Bread Sticks</p> <p>Sweet Corn Cucumber Coins Fresh Orange Blueberries</p>	<p>30 Baked Chicken Tenders Oven Baked Fries Red Pepper Strips Fresh Banana Diced Pear Cup</p>	<p>31 Whole Grain French Toast Slices Crispy Sausage Links</p> <p>Steamed Carrots Cucumber Coins Fresh Banana Fresh Orange</p>	<div style="display: flex; align-items: center;"> <div style="flex: 1;"> <h2>HARVEST</h2> <p>Whitsons proudly supports clean, sustainable agriculture! We also focus on using ingredients that are locally sourced, all-natural, organic and non-GMO whenever possible.</p>  </div> <div style="flex: 1; text-align: right;"> <h2>of the MONTH</h2>  </div> </div>	



October is National Farm to School Month! Join us as we celebrate with food, nutrition education, school gardens and plates filled with healthy, natural ingredients!



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.

 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.