



We Purchase Locally & Offer Gluten Free Foods! If you have a food allergy please speak to the manager, chef, cook or server.

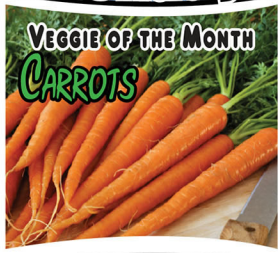
### Monday

### Tuesday

### Wednesday


### Thursday

### Friday



5 Chicken Tenders  
Corn  
Baked Tater Tots  
Fresh Apple  
Fresh Orange


12 Chicken Sandwich  
Cucumber Coins  
Oven Baked Fries  
Fresh Orange  
Applesauce



19 Martin Luther King Jr.  
Holiday Schools Closed

26 Hot Dog on a Bun  
Celery Sticks  
Golden Baked Potato Wedges  
Fresh Apple  
Fresh Orange



6 Waffles   
Turkey Sausage Links  
Hash Browns  
Carrot Sticks w/ Ranch Dip  
Fresh Red Grapes  
Fresh Pear


*Brunch for Lunch!*

13 Mozzarella Sticks  
*Crispy mozzarella sticks filled with gooey cheese, perfect for dipping into our homemade tomato sauce*   
WW Dinner Roll  
Carrots  
Celery Sticks  
Banana  
Fresh Apple


20 All Natural Chicken Nuggets  
Sweet Potato Fries  
Celery Sticks  
Banana  
Apple Juice

27 WG French Toast Sticks  
*Crispy, golden brown, french toast sticks perfect for dipping or dunking in syrup*   
with Turkey Sausage Links  
Hash Browns  
Baby Carrots  
Pear  
Orange Juice

Holiday Recess Schools Closed


7 Cheesy Lasagna  
*Lasagna noodles layered with tomato sauce, ricotta cheese and topped with mozzarella*   
Carrot Sticks w/ Ranch Dip  
Romaine Salad w/ Tomato  
Fresh Red Grapes  
Banana

14 Cheese Burger  
Sweet Potato Fries  
Vegetarian Baked Beans  
Fresh Cantaloupe Cup  
Pear

21 Bagel Melt  
*Gooey melted American cheese on a toasty WW bagel. What's not to love?*   
Oven Baked Fries  
Carrot Sticks w/ Ranch Dip  
Fresh Apple  
Fresh Red Grapes


28 Popcorn Chicken  
Carrots  
Spinach Salad  
Fresh Red Grapes  
Fresh Orange


8 Meatball Sandwich  
*meatballs w/ marinara sauce on a club roll*  
Garbanzo Beans  
Caesar Side Salad  
Fresh Orange  
Bartlett Pear




15 Two Soft Tacos  
Brown Rice  
Corn  
Black Beans  
Fresh Orange  
Fresh Red Grapes


22 Loaded Beef Nachos  
Yellow Rice  
Southern Corn  
Black Beans  
Fresh Orange  
Bartlett Pear


29 Sizzling Pepperoni & Cheese Quesadilla   
Black Beans  
Corn  
Fresh Apple  
Banana





9 WG Pizza Wedge   
Steamed Broccoli  
Celery Sticks w/ Ranch Dip  
Fresh Orange  
Fresh Apple

16 Pizza Bagel  
Broccoli Florets  
Celery Sticks  
Fresh Apple  
Pear



23 WG Pizza Wedge   
Caesar Side Salad  
Veggie Dippers  
Fresh Apple  
100% Juice Fruit Punch

30 WG Pizza Wedge   
Romaine Salad w/ Tomato  
Cucumber Coins  
Pear  
Sliced Peaches

Did you know that our menus are healthy, nutritious and flavorful, made from wholesome ingredients? We have very high ingredient standards and strict procedures in place to make sure of it! We also purchase locally when seasonally available. Check us out at [www.whitsons.com](http://www.whitsons.com) or scan our QR code to see all that we are doing at your school to keep your kids healthy!



**Lunch Prices**  
Lunch \$2.65  
Reduced \$4.00  
Milk \$.55  
Lunch Includes:  
Skim Milk, Low Fat Milk, Fat Free  
Chocolate Milk and Lactose Free Milk  
Organic Milk \$1.50  
Fresh Seasonal Fruit and Fresh  
Vegetable Selection  
If you have any questions or would like additional information, please contact the food service office at 203-255-8370

**Daily Alternate Lunch Available**  
Tossed Garden Salad w/Romaine Lettuce, tomato wedges, cucumbers w/lowfat cheese and 2 WW Dinner Rolls with Low Fat dressing choice  
Whole Wheat Bagel served w/or without low fat cream cheese, low fat cheese and lowfat yogurt

**Weekly Alternate Deli Lunch Entrée**

Week 1	Boars Head Turkey Sandwich on Whole Wheat Club Roll
Week 2	Boars Ham Sandwich on Whole Wheat Club Roll
Week 3	Hummus Platter with Cucumber, Celery with WG Pita
Week 4	Boars Head Turkey Sandwich on Whole Wheat Club Roll

**Available Daily For Teachers**  
Tossed Garden Salad Bowl, Chef Salad Bowl, Boars Head Ham and Cheese on a WW Wrap or Boars Head Turkey and Cheese on WW Wrap all Lunches Served with Fruit Choice/Milk Choice