



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

## Monday

- 2 All Natural Chicken Nuggets  
WW Dinner Roll  
Corn  
Cucumber Coins  
Fresh Pear  
100% Juice Fruit Punch

## Tuesday

- 3 Mozzarella Sticks  
*crispy mozzarella sticks filled with gooey cheese, perfect for dipping into our homemade tomato sauce* ✓  
Oven Baked Fries  
Steamed Carrots  
Sweet Red Pepper Strips  
Fresh Orange  
Banana

## Wednesday

- 4 French Toast Sticks with Sausage  
*whole grain French toast sticks, served with a pork sausage* ✓  
Hash Browns  
Carrot Sticks w/ Ranch Dip  
Cucumber Coins  
Applesauce  
Banana

## Thursday

- 5 Hot Dog on a Bun  
*beef hot dog nestled on a soft bun and topped with your choice of condiments*  
Garbanzo Beans  
Celery Sticks w/ Ranch Dip  
Fresh Orange  
Apple 100% Juice

## Friday

- 6 Cheese Pizza  
*plain cheese whole wheat pizza slice* ✓  
Chicken Pepperoni Pizza  
Celery Sticks w/ Ranch Dip  
Broccoli Florets  
Fresh Apple  
Fresh Orange

Weekly Alternate: Boar's Head Turkey Whole Wheat Wrap

- 9 Meatball Parmesan Hero  
*chicken meatballs with tomato sauce and melted mozzarella cheese, served on a whole wheat club roll*  
Baked Sweet Potato Fries  
Peas  
Fresh Orange  
Banana

- 10 Fluffy Pancakes  
*light and fluffy whole grain pancakes* ✓  
Hash Browns  
Turkey Sausage Links  
Baby Carrots  
Cucumber Coins  
Apple 100% Juice  
Banana

- 11 Cheeseburger  
*griller beef burger topped with low fat American cheese, served on a whole wheat bun*  
Sweet Red Pepper Strips  
Celery Sticks  
Fresh Apple  
Fresh Pear

- 12 Mozzarella Sticks  
*crispy mozzarella sticks filled with gooey cheese, perfect for dipping into our homemade tomato sauce* ✓  
Vegetarian Baked Beans  
Cucumber Coins  
100% Juice Fruit Punch  
Fresh Orange

- 13 Cheese Pizza  
*plain cheese whole wheat pizza slice* ✓  
Veggie Pizza ✓  
Garden Salad  
Broccoli Florets  
Fresh Peach  
Banana

Veggie Pizza Made with Fresh Broccoli

Weekly Alternate: Hummus Platter w/ cucumbers, celery, carrots and whole wheat pita bread

- 16 Popcorn Chicken  
*bite size crispy breaded chicken, perfect for dipping in your favorite sauce*  
Oven Baked Fries  
Corn  
Fresh Apple  
Banana

- 17 Cheesy Stuffed Breadsticks  
*gooey mozzarella cheese filled whole wheat sticks great for dunking in your favorite sauce* ✓  
Baby Carrots  
Cucumber Coins  
Apple 100% Juice  
Banana

- 18 Fluffy Pancakes  
*light and fluffy whole grain pancakes* ✓  
Hash Browns  
Turkey Sausage  
Sweet Red Pepper Strips  
Celery Sticks  
Fresh Apple  
Fresh Pear

- 19 Loaded Beef Nachos  
*crispy tortilla chips with Mexi beef, cheese sauce, sour cream and pico de gallo*  
Yellow Rice  
Vegetarian Baked Beans  
Cucumber Coins  
100% Juice Fruit Punch  
Fresh Orange

- 20 Cheese Pizza ✓  
Chicken Pepperoni Pizza  
*cheesy pizza topped with chicken pepperoni, made with a whole grain crust*  
Garden Salad  
Veggie Dippers  
Fresh Peach  
Banana

Weekly Alternate: Boar's Head Ham & Cheese on a Whole Wheat Wrap

- 23 Mixed Up Chicken  
*golden chicken nuggets and chicken tenders with a whole grain dinner roll*  
Peas  
Fresh Apple  
Banana

- 24 Grilled Cheese Sandwich  
*melted American cheese served on toasty whole wheat bread* ✓  
Baby Carrots  
Cucumber Coins  
Apple 100% Juice  
Banana

- 25 Waffles with Turkey Sausage  
*light and crisp whole grain waffles served with a sausage patty*  
Hash Browns  
Red Peppers  
Cucumber Coins  
Banana  
Fresh Pear

- 26 Cheesy Quesadilla  
*melted cheddar cheese and pico de gallo inside a grilled, folded tortilla* ✓  
Yellow Rice  
Vegetarian Baked Beans  
Garden Salad  
Fresh Orange  
100% Juice Fruit Punch

- 27 Cheese Pizza  
*plain cheese whole wheat pizza slice* ✓  
Veggie Pizza ✓  
Cucumber Coins  
Broccoli Tips w/ Ranch Dip  
Diced Peas  
Fresh Peach

Veggie Pizza Made with Fresh Broccoli

Weekly Alternate: Chicken Caesar Salad w/ Croutons

30 **NO SCHOOL**

- 31 Cheeseburger  
*ground beef with cheese, lettuce and tomato on a whole wheat bun*  
Oven Baked Fries  
Cucumber Coins  
Sweet Red Pepper Strips  
Fresh Cantaloupe Cup  
100% Juice Fruit Punch

Weekly Alternate: Boar's Head Turkey and Cheese on a Whole Wheat Wrap



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: .40  
Lunch Includes:  
Skim Milk, Low Fat Milk, Fat Free Chocolate Milk or Lactose Free Milk  
Organic Milk \$1.50  
Fresh Seasonal Fruit and Fresh Vegetables 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: Romaine Lettuce, Tomato Wedge, Cucumber, Carrot, Low Fat Cheese and Whole Wheat Bread. Served with Low Fat Dressing  
Bagel Lunch: Whole Wheat Bagel with Cream Cheese, Low Fat Cheese & all natural Low Fat Yogurt.  
Available Daily for Teachers: Tossed Garden Salad Bowl or Chicken Caesar Salad Bowl, Boar's Head Ham or Turkey Whole Wheat Wrap, all served with Choice of Milk, Fruit and Vegetable Selection

