



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

1 Chicken Tender Sandwich on a Mini Roll
Baked Tater Tots
Celery Sticks w/ Ranch Dip
Pear
Fresh Apple

2 Meatball Hero
Beef & chicken meatballs on a whole wheat club roll, topped with tomato sauce and melted mozzarella cheese
Sweet Potato Puffs
Celery Sticks w/ Ranch Dip
Tangerine
Fresh Red Grapes

3 Chicken Stir Fry
w/ onions, carrots, peppers, broccoli, peas & corn
Brown Rice
Baby Carrots
Vegetable Stir Fry
Banana
Mandarin Oranges

4 Ham & Cheese Bagel Melt
Thinly sliced ham and melted American cheese on a warm bagel
Vegetarian Baked Beans
Spinach Salad
Pineapple Cup
Fresh Apple

5 WG Pizza Wedge
Caesar Side Salad
Veggie Dippers
Fresh Orange
Fresh Red Grapes



8 Grilled Cheese & Tomato Sandwich
Baked Tater Tots
Carrot Sticks w/ Ranch Dip
Fresh Apple
Tangerine

9 French Toast w/ Syrup
Turkey Sausage Links
Sweet Potato Puffs
Fresh Apple
Sliced Peaches

10 Popcorn Chicken
BBQ Sauce
Orange Glazed Carrots
Romaine Salad w/ Tomato
Fresh Red Grapes
Banana

11 Twin Turkey Soft Tacos
Black Beans
Caesar Side Salad
Fresh Orange
Bartlett Pear

12 Pizza Bagel
Steamed Broccoli
Celery Sticks w/ Ranch Dip
Tangerine
Fresh Apple

15 All Natural Chicken Nuggets with BBQ Sauce
Oven Baked Fries
Celery Sticks w/ Ranch Dip
Fresh Apple
Tangerine

16 Mozzarella Sticks
Sweet Potato Puffs
Celery Sticks
Honeydew Melon Cup
Fresh Orange

17 WG Pasta w/ Meat Sauce*
Italian Vegetables
Carrot Sticks w/ Ranch Dip
Fresh Apple
Pear

18 Waffles
Turkey Sausage Links
Hash Browns
Garbanzo Beans
Fresh Orange
100% Juice Fruit Punch

19 WG Pizza Wedge
Spinach Salad
Veggie Dippers
Fresh Apple
Pear



22 Cheese Burger
Veggie Dippers
Oven Baked Fries
Fresh Orange
Diced Pears

23 WG Pizza Wedge
Romaine Salad w/ Tomato
Carrot Sticks w/ Ranch Dip
Banana
Apple Juice

24

25

26



Holiday Recess School Closed Happy Holidays to All!!!

29

30

31

FRUIT OF THE MONTH
APPLES



Winter Time

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 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
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 WW Bread served 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 American Combo on Whole Wheat Club Roll
Week 2 Turkey Sandwich on Whole Wheat Club Roll
Week 3 Ham Sandwich on Whole Wheat Club Roll
Week 4 Hummus Platter served with WW Tortilla and Cucumber, Carrots and Celery Sticks
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