



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

Monday

PRODUCE OF THE MONTH

PEARS



Tuesday

- 1 Mozzarella Sticks ✓ with W.G. Pasta with Butter and Garden Salad all with Sweet Red Pepper Strips Celery Sticks Cucumber Coins Fresh Apple 100% Juice Fruit Punch

Wednesday

- 2 Crispy Chicken Patty Sandwich with Steamed Carrots all with Broccoli Florets Corn Banana Fresh Red Grapes

Thursday

- 3 Nachos & Cheese ✓ and Yellow Rice all with Black Beans Cucumber Coins Fresh Orange Fresh Apple

Friday

- 4 Cheese Pizza ✓ and Caesar Side Salad Baby Carrots all with Celery Sticks Fresh Orange 100% Juice Fruit Punch

Weekly Alternate: Boar's Head Turkey Sandwich

- 7 Chicken Tenders and WW Dinner Roll all with Corn Celery Sticks Fresh Red Grapes Banana

- 8 Cheesy Stuffed Breadsticks ✓ and Baby Carrots all with Sweet Red Pepper Strips Fresh Apple Fresh Orange

- 9 Waffles and Turkey Sausage and Hash Browns Broccoli Florets all with Baby Carrots Applesauce Banana

- 10 Meatball Sandwich with Vegetarian Baked Beans all with Cucumber Coins Garbanzo Beans Apple 100% Juice Banana

- 11 Cheese Pizza Slice ✓ and Caesar Side Salad all with Broccoli Florets Veggie Dippers Fresh Orange Fresh Red Grapes

Weekly Alternate: Boar's Head Ham Sandwich

- 14 All Natural Chicken Nuggets with Corn and Baked Sweet Potato Fries WW Dinner Roll all with Celery Sticks w/ Ranch Dip Cucumber Coins Fresh Pear Fresh Apple

- 15 Mozzarella Sticks ✓ with Baked Tater Tots and Corn all with Carrot Sticks w/ Ranch Dip Cucumber Coins Fresh Orange Banana

- 16 Beef & Chicken Meatballs Over Penne Carrot Sticks w/ Ranch Dip all with Cucumber Coins Applesauce Banana

- 17 Hot Dog on a Bun and Steamed Carrots Black Beans Red Delicious Apple Fresh Orange Apple 100% Juice

- 18 Cheese Pizza ✓ with Caesar Side Salad all with Celery Sticks w/ Ranch Dip Broccoli Florets Fresh Apple Fresh Orange

Weekly Alternate: Boar's Head Turkey Sandwich

- 21 Cheesy Stuffed Breadsticks ✓ with Corn Baby Carrots all with Cucumber Coins Fresh Orange Applesauce

- 22 Fluffy Pancakes ✓ with Hash Browns and Turkey Sausage Links all with Baby Carrots Cucumber Coins Apple 100% Juice Banana

- 23 Macaroni & Cheese with Garden Salad and WW Dinner Roll all with Sweet Red Pepper Strips Celery Sticks Fresh Apple Fresh Pear

WINTER VACATION

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Weekly Alternate: Build Your Own Hummus Meal

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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: 40.40
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 203-255-8670

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 and 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 Lunches Served with Choice of Milk, Fruit and Vegetable Selection