

# Welcome to our Lunch Cafe at...

Side By Side Community School

November 2018

**MEATLESS MONDAY**

Monday

Tuesday

Wednesday

Thursday

Friday

## HARVEST of the MONTH

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>5 <b>MEATLESS MONDAY</b></p> <p>Homemade Mac &amp; Cheese Steamed Peas Or Crudite &amp; Cheese Platter Or Garden Salad with Cheese Entree Or Cheese Sandwich</p>	<p>6</p> <p><b>SCHOOL CLOSED TODAY</b></p> <p><b>HARVEST</b></p>	<p>7</p> <p>Sloppy Joe on a Bun Sweet Corn Or Crudite &amp; Cheese Platter Or Garden Salad with Cheese Entree Or Cheese Sandwich Red Pepper Strips</p> <p><b>HARVEST</b></p>	<p>8</p> <p>Tangerine Dream Chicken Rice Bowl Garbanzo Beans Or Crudite &amp; Cheese Platter Or Garden Salad with Cheese Entree Or Cheese Sandwich</p>	<p>9</p> <p>Cheese Pizza Or Meatball Pizza Caesar Salad Or Crudite &amp; Cheese Platter Or Garden Salad with Cheese Entree Or Cheese Sandwich</p>
<p>12</p> <p>Whole Grain French Toast Slices Cinnamon Apple Slices Crispy Potato Puffs Syrup Or Yogurt Lunch Or Garden Salad with Cheese Entree Or Cheese Sandwich</p>	<p>13</p> <p>Baked Chicken Tenders Whole Wheat Dinner Roll Sweet Potato Fries Or Yogurt Lunch Or Garden Salad with Cheese Entree Or Cheese Sandwich</p>	<p>14</p> <p>Cheeseburger Or Burger With Sweet Corn Or Yogurt Lunch Or Garden Salad with Cheese Entree Or Cheese Sandwich Red Pepper Strips</p> <p><b>HARVEST</b></p>	<p>15</p> <p>Beef Hot Dog on Bun Baked Beans Or Yogurt Lunch Or Garden Salad with Cheese Entree Or Cheese Sandwich</p>	<p>16</p> <p>Cheese Pizza Or Pepperoni Pizza Caesar Salad Or Yogurt Lunch Or Garden Salad with Cheese Entree Or Cheese Sandwich</p>
<p>19 <b>MEATLESS MONDAY</b></p> <p>Stuffed Bread Tomato Sauce Dip Steamed Peas Or Fruity Granola Parfait Or Garden Salad with Cheese Entree Or Cheese Sandwich</p>	<p>20</p> <p>Chicken Wings Sweet Potato Fries Whole Wheat Dinner Roll Or Fruity Granola Parfait Or Garden Salad with Cheese Entree Or Cheese Sandwich</p> <p><b>IT'S STUDENT APPRECIATION DAY</b></p>	<p>21</p> <p>Roasted Turkey with Gravy Fluffy Mashed Potatoes Sweet Corn Whole Wheat Dinner Roll Or Fruity Granola Parfait Or Garden Salad with Cheese Entree Or Cheese Sandwich Red Pepper Strips</p>	<p>22</p> <p><b>THANKSGIVING DAY</b></p>	<p>23</p> <p><b>THANKSGIVING DAY</b></p>
<p>26 <b>MEATLESS MONDAY</b></p> <p>Mozzarella Sticks Tomato Sauce Dip Steamed Peas Whole Wheat Dinner Roll Or Tuna Salad Sandwich Or Garden Salad with Cheese Entree Or Cheese Sandwich</p>	<p>27</p> <p>Crispy Popcorn Chicken Whole Wheat Dinner Roll Sweet Potato Fries Or Tuna Salad Sandwich Or Garden Salad with Cheese Entree Or Cheese Sandwich</p>	<p>28</p> <p>Grilled Cheese Sandwich Homemade Carrot &amp; Raisin Slaw Or Tuna Salad Sandwich Or Garden Salad with Cheese Entree Or Cheese Sandwich Red Pepper Strips</p> <p><b>HARVEST</b></p>	<p>29</p> <p>Lemongrass Chicken Brown Rice Whole Wheat Dinner Roll Garbanzo Beans Or Tuna Salad Sandwich Or Garden Salad with Cheese Entree Or Cheese Sandwich</p> <p><b>LUCKY TRAY DAY!</b></p>	<p>30</p> <p>Cheese Pizza Or Pizza with Black Olives Caesar Salad Or Tuna Salad Sandwich Or Garden Salad with Cheese Entree Or Cheese Sandwich</p>



Whitsons is committed to the Farm-to-School movement and serving wholesome, high-quality meals prepared with fresh, locally sourced ingredients. Did you know that Whitsons sources an average of 52% of our total product mix locally?



**Lunch Prices:**

Elementary Lunch \$2.65  
Middle School Lunch \$3.25  
Reduced Lunch .40 Milk .50  
Lunch Includes:  
Skim Milk, Low Fat Milk, Fat Free Chocolate Milk or Lactose Free Milk  
If you have any questions please contact the Frank Harris Nutrition Center at 203-899-2990.

**Grades 6th - 8th Deli Option:**

Turkey, Ham, Turkey Salami, Turkey Bologna, Tuna Salad, American, Provolone, or Swiss Cheese, Lettuce, Tomato, Whole Wheat Kaiser Roll, Whole Wheat Tortilla Wrap, Assorted Condiments. Low Fat Ranch and Italian Dressings Available.  
**Available Daily With All Meals: Fresh Seasonal Whole Fruits, Assorted Chilled Fruit Cups**  
**Fresh Vegetables: Grape Tomatoes, Celery, Baby Carrots, & Cucumbers**  
**Field Trip Bagged Lunch Option: Turkey & American Cheese On A Whole Wheat Hamburger Bun, Fresh Baby Carrots, Apple Juice Whole Grain Belly Bear Grahams, & Milk Choice.**  
Low Fat Ranch & Italian Dressings Available.

**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.