

Welcome to our Lunch Cafe at...

Norwalk Elementary Schools

May 2019

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

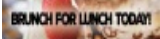
Friday

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.



6 Whole Grain Pancakes with Sausage
light and fluffy pancakes served with a sausage patty
Crispy Potato Puffs
Garden Salad with Cheese Entree
Sliced Peaches



7 Baked Chicken Tenders
crispy chicken tenders perfect for dipping in your favorite sauce
Baked Potato Wedges
Tuna Salad Sandwich
Or Garden Salad with Cheese Entree
Sliced Peaches

8 Grilled Cheese Sandwich
golden toasted bread with melted gooey cheese pressed and prepared in-house
Spinach Salad
Tuna Salad Sandwich
Or Garden Salad with Cheese Entree
Pineapple Cup

9 Cheese Quesadilla
freshly grilled flour tortilla with melted cheese
With Black Beans
Tuna Salad Sandwich
Or Garden Salad with Cheese Entree

10 Cheese Pizza
crispy pizza dough topped with tomato sauce and melted cheese
Pepperoni Pizza
Or
Tuna Salad Sandwich
Fresh Apple

13 Whole Grain French Toast
slices of French toast baked to perfection
Crispy Potato Puffs
Apple Slices
Veggie Burger



14 Crispy Popcorn Chicken
crispy breaded chicken bites baked to perfection
With Oven Baked Fries
Or Garden Salad with Cheese Entree
Garbanzo Beans
Veggie Burger

15 Barbecue Rib Sandwich
warm BBQ rib patty on a bun prepared in-house
Sweet Corn
Or Garden Salad with Cheese Entree
Cheese Sandwich
Red Pepper Strips
Veggie Burger

16 Nachos Grande
tortilla chips topped with freshly prepared mexi style meat and cheese sauce
With Black Beans
And Sweet Corn
Veggie Burger

17 Cheese Pizza
crispy pizza dough topped with tomato sauce and melted cheese
Pepperoni Pizza
cheese pizza topped with pepperoni
Fresh Orange
Veggie Burger

20 Fish Patty Melt Sandwich
Fresh Baby Carrots
Pretzel Organic 2.5oz
Mozzarella String Cheese
Creamy Sunbutter



21 Stuffed Bread
baked bread sticks filled with melted cheese
Steamed Broccoli
Tomato Sauce
Pretzel Organic 2.5oz
Mozzarella String Cheese
Creamy Sunbutter
Garbanzo Beans

22 Bacon Cheeseburger
burger topped with cheese and bacon on a freshly toasted bun
Oven Baked Fries
Or Pretzel Organic 2.5oz
With Mozzarella String Cheese
And Creamy Sunbutter

23 Crispy Popcorn Chicken
Whole Wheat Dinner Roll
Or Pretzel Organic 2.5oz
With Mozzarella String Cheese
And Creamy Sunbutter
Spinach Salad
Red Pepper Strips

24 Cheese Pizza
crispy pizza dough topped with tomato sauce and melted cheese
Or Pepperoni Pizza
Pretzel Organic 2.5oz
Mozzarella String Cheese
Creamy Sunbutter
Fresh Orange

27



28 Crispy Chicken Sandwich
warm crispy breaded chicken on a bun prepared in-house
Or Garden Salad with Cheese Entree
Or
Yogurt Lunch
a protein packed lunch with yogurt, cheese and a grain component

29 Mozzarella Sticks
crispy mozzarella sticks filled with gooey cheese, perfect for dipping into your favorite sauce
With Tomato Sauce Dip
Steamed Peas
Yogurt Lunch

30 Baked Chicken Tenders
crispy chicken tenders perfect for dipping in your favorite sauce
With Carrot Dippers
Or
Yogurt Lunch
a protein packed lunch with yogurt, cheese and a grain component

LUCKY TRAY DAY!

31 Cheese Pizza
crispy pizza dough topped with tomato sauce and melted cheese
Pepperoni Pizza
Fresh Apple
Yogurt Lunch

At Whitsons, we believe that providing young students with wholesome meals that taste great, along with food and nutrition education, helps position them for academic success and to live a more healthful life.



Lunch Prices:

Elementary Lunch \$2.65
Middle School Lunch \$3.25
Reduced Lunch .40 Milk .50
Lunch Includes:
Skim Milk, Low Fat Milk, or
Lactose Free Milk

If you have any questions please contact the Frank Harris Nutrition Center at 203-899-2990.

Available Daily With All Meals:
Fresh Seasonal Whole Fruits. Assorted Chilled Fruit Cups
Fresh Vegetables:
Grape Tomatoes, Celery, Baby Carrots, & Cucumbers.

Low Fat Ranch & Low Fat Italian Dressings Available

Available Daily as Alternate Choices:
Garden Salad or Cheese Sandwich

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.