

Welcome to our Lunch Cafe at...

Side by Side Elementary

June
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.



<p>3 Homemade Mac & Cheese pasta in cheese sauce, garnished with parsley (V) (O) Or Garden Salad with Cheese Entree (V) (O)</p> <p>MEATLESS MONDAY</p>	<p>4 Meatball Sandwich warm baked meatballs smothered in tomato sauce on a sandwich prepared in-house (O) Veggie Burger Or Garden Salad with Cheese Entree (V) (O)</p>	<p>5 Crispy Popcorn Chicken crispy breaded chicken bites baked to perfection With Crispy Potato Puffs Veggie Burger Garden Salad with Cheese Entree (V) (O)</p>	<p>6 Whole Grain Fish Sticks Oven Baked Fries Veggie Burger Whole Wheat Dinner Roll Or Garden Salad with Cheese Entree (V) (O) Pineapple Cup</p>	<p>7 Cheese Pizza crispy pizza dough topped with tomato sauce and melted cheese (V) (O) Pepperoni Pizza (O) (P) Veggie Burger Grape Tomatoes Pineapple Cup</p>
<p>10 Whole Grain Pancakes with Sausage light and fluffy pancakes served with a sausage patty Crispy Potato Puffs Veggie Burger Garden Salad with Cheese Entree (V) (O)</p> <p>MEATLESS MONDAY</p>	<p>11 Chicken Nuggets crispy breaded chicken nuggets perfect for dipping in your favorite sauce Baked Potato Wedges Veggie Burger Sliced Peaches</p>	<p>12 Grilled Cheese Sandwich golden toasted bread with melted gooey cheese pressed and prepared in-house (V) Garden Salad with Cheese Entree (V) (O) Veggie Burger</p>	<p>13 Cheese Pizza crispy pizza dough topped with tomato sauce and melted cheese (V) (O) Pepperoni Pizza (O) (P) Veggie Burger Pineapple Cup</p> <p>LET'S CELEBRATE!</p>	<p>14</p>
<p>17</p>	<p>18</p>	<p>19</p>	<p>20</p>	<p>21</p>
<p>24</p>	<p>25</p>	<p>26</p>	<p>27</p>	<p>28</p>



Our back to basics approach has enabled us to get to the heart of what matters to our student customers when it comes to food. Serving wholesome great tasting food, and teaching students about food and nutrition, sets the stage for them to enjoy more enriching educational experiences around the foods they eat.



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
Bagged Lunch Option: (Field Trips)
Turkey & American Cheese On A Whole Wheat Hamburger Bun With Fresh Baby Carrots, Apple Juice, Whole Grain Belly Bear Grahams, & Milk Choice.

Low Fat Ranch & Low Fat Italian Dressings Available

(V) VEGETARIAN (O) MADE WITH NATURAL INGREDIENTS (P) PORK (W) 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.