

**HAMPDEN CHARTER  
BREAKFAST IN THE CLASSROOM  
SECONDARY  
NOVEMBER 2019**



<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
11/4	11/5	11/6	11/7	11/8
88 Acres Bar OR Assorted Cereal  String Cheese Raisins 100% Juice 1% or Fat Free Milk	Chocolate Chip French Toast OR Assorted Cereal  Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Sausage & Cheese Flatbread OR Assorted Cereal  Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Cinnamon Roll OR Assorted Cereal  Whole Grain Cracker Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Blueberry Muffin OR Assorted Cereal  String Cheese Applesauce Cup 100% Juice 1% or Fat Free Milk
11/11	11/12	11/13	11/14	11/15
NO SCHOOL	Confetti Pancakes OR Assorted Cereal  Whole Grain Cracker Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Egg & Cheese English Muffin OR Assorted Cereal  Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Yogurt OR Assorted Cereal  Granola Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Muffin of the Month OR Assorted Cereal  String Cheese Cantaloupe Fruit Cup 100% Juice 1% or Fat Free Milk
11/18	11/19	11/20	11/21	11/22
88 Acres Bar OR Assorted Cereal  String Cheese Raisins 100% Juice 1% or Fat Free Milk	Sausage & Mozzarella Roll with Margarine OR Assorted Cereal  Assorted Cereal Whole Grain Cracker Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Ham & Cheese Ciabatta OR Assorted Cereal  Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Strawberry Guava Flip OR Assorted Cereal  String Cheese Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Whole Grain Muffin  OR Assorted Cereal Whole Grain Cracker Strawberry Cup 100% Juice 1% or Fat Free Milk
11/25	11/26	11/27	11/28	11/29
Chef's Choice  String Cheese Craisins 100% Juice 1% or Fat Free Milk	Belvita Blueberry Breakfast Biscuit OR Assorted Cereal  Whole Grain Cracker Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Chef's Choice  OR Assorted Cereal  Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	NO SCHOOL	NO SCHOOL
<b>PLEASE INFORM YOUR SERVER OF ANY FOOD ALLERGIES</b>			<b>Menu items are subject to change</b>	



Hampden Charter  
Week of November 4 - 8



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Chicken Nuggets with Rice Pilaf	Cheesy Dunkers with Marinara Sauce and Caesar Salad	French Toast with Sausage and Syrup	Chicken Rice Bowl with Dinner Roll	Cheese Pizza or Pepperoni Pizza
	<b><u>Daily Deli Sandwich:</u></b> Italian Sandwich Buffalo Chicken on Ciabatta				
	Hummus Bento Box with Vegetables and Flatbread	<b><u>Daily Salad:</u></b> Asian Grilled Chicken Salad with Breadstick Garden Salad with Breadstick			
<b><u>SIDES</u></b>	Baby Carrots  Caesar Salad	Baby Carrots  Caesar Salad	Home Fries  Baby Carrots	Celery Sticks  Three Bean & Mozz. Salad	Celery Sticks  Three Bean & Mozz. Salad
	<b><u>Available Daily:</u></b> Sunbutter & Jelly Sandwich, Side Salad, Chilled Pears, Assorted Fresh Fruit				
MILK	CHOICE OF CHOCOLATE or 1% WHITE				
PLEASE INFORM YOUR SERVER OF ANY FOOD ALLERGIES				<i>Menu Items are Subject to Change</i>	



Hampden Charter  
Week of November 11 - 15



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	NO SCHOOL	Pulled Turkey with Dinner Roll and Cole Slaw	Popcorn Chicken Bowl with Mashed Potatoes and Gravy	Chicken Quesadilla with Yellow Rice	Chicken Patty or Cheeseburger
		<b><u>Daily Deli Sandwich:</u></b> Tuna Sandwich Asian Chicken on Ciabatta			
		Hummus Bento Box with Vegetables and Flatbread	<b><u>Daily Salad:</u></b> Crispy Chicken Salad with Breadstick Garden Salad with Breadstick		
<b><u>SIDES</u></b>		Roasted Sweet Potato	Pepper Strips	Black Bean Salad	Grape Tomatoes
		Black Bean Salad	Steamed Corn	Steamed Broccoli	Cucumber Coins
	<b><u>Available Daily:</u></b> Sunbutter & Jelly Sandwich, Side Salad, Chilled Peaches, Assorted Fresh Fruit				
MILK	CHOICE OF CHOCOLATE or 1% WHITE				
PLEASE INFORM YOUR SERVER OF ANY FOOD ALLERGIES				<i>Menu Items are Subject to Change</i>	



Hampden Charter  
Week of November 18 - 22



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Chicken Parmesan Sandwich	Teriyaki Glazed Chicken with Veggie Fried Rice	Grilled Cheese & Bacon Sandwich	Spaghetti with Meatballs and Garlic Roll	Cheese Pizza or Pepperoni Pizza
	<b><u>Daily Deli Sandwich:</u></b> Ham and Cheese Sandwich Chicken Caesar on Ciabatta				
	Hummus Bento Box with Vegetables and Flatbread	<b><u>Daily Salad:</u></b> Cranberry Apple Salad with Granola Garden Salad with Breadstick			
<b><u>SIDES</u></b>	Emoji Fries	Baby Carrots	Baby Carrots	Baby Carrots	Roasted Cauliflower
	Baked Beans	Zucchini Coins	Roasted Zucchini	Cauliflower Florets	Baby Carrots
	<b><u>Available Daily:</u></b> Sunbutter & Jelly Sandwich, Side Salad, Chilled Mixed Fruit, Assorted Fresh Fruit				
MILK	CHOICE OF CHOCOLATE or 1% WHITE				
PLEASE INFORM YOUR SERVER OF ANY FOOD ALLERGIES				<i>Menu Items are Subject to Change</i>	

Hampden Charter  
 Week of November 25 - 29



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Chef's Choice	Roast Turkey with Stuffing, Gravy and Cranberry Sauce	Chef's Choice	NO SCHOOL	NO SCHOOL
	<b><u>Daily Deli Sandwich:</u></b> Crunchy Pumpkin Butter and Raisin Wrap Bruschetta Chicken on Ciabatta				
	Hummus Bento Box with Vegetables and Flatbread	<b><u>Daily Salad:</u></b> Grilled Chicken Caesar Salad with Breadstick Garden Salad with Breadstick			
<b><u>SIDES</u></b>	Apple Kale Salad  Celery Sticks	Apple Kale Salad  Mashed Butternut Squash	Celery Sticks  Apple Kale Salad		
	<b><u>Available Daily:</u></b> Sunbutter & Jelly Sandwich, Side Salad, Chilled Applesauce, Assorted Fresh Fruit				
MILK	CHOICE OF CHOCOLATE or 1% WHITE				
PLEASE INFORM YOUR SERVER OF ANY FOOD ALLERGIES				<i>Menu Items are Subject to Change</i>	