

# Welcome to our Lunch Cafe @

Haverhill Elementary Schools

January 2018

Monday	Tuesday	Wednesday	Thursday	Friday
1 	2 Chicken Parm Sandwich Cucumber Coins Steamed Broccoli Applesauce Fresh Pear	3 Cheeseburger Sweet Potato Fries Green Beans Sliced Peaches Fresh Empire Apple	4 Waffles  Syrup Turkey Sausage Patty Tator Tots Sliced Peaches Fresh Golden Delicious Apple 	5 Cheese Pizza  Garden Salad Cucumber Coins Sliced Peas Fresh Orange
8 Chicken Nuggets Whole Wheat Dinner Roll Sweet Potato Fries Corn Strawberries Fresh Empire Apple	9 Crispy Tacos Salsa Baked Beans Cinnamon Applesauce Fresh Orange	10 Pasta & Meat Sauce  Whole Wheat Dinner Roll Green Beans Strawberry Cup Fresh Golden Delicious Apple Tomato Salad	11 Popcorn Chicken Sweet & Sour Sauce Whole Wheat Dinner Roll Side of Carrots Green Bean Salad Fresh Empire Apple Sliced Peaches	12 Cheese Pizza  Carroteenies Side Garden Salad Applesauce Fresh Banana
15 	16 Stuffed Bread Sticks  Tomato Sauce Dip  Green Beans Diced Peas Fresh Golden Delicious Apple	17 Beef Hot Dog on Bun Baked Beans Carrot Sticks Diced Peas Melon Cup	18 Mac & Cheese  Whole Wheat Dinner Roll Side of Carrots Peas Applesauce Fresh Banana	19 Cheese Pizza  Garden Salad Celery Sliced Peaches Fresh Orange
22 French Toast Sticks  Turkey Sausage Patty Syrup Tator Tots Celery Sliced Peaches Fresh Golden Delicious Apple 	23 Soft Taco  Baked Beans Corn Mixed Fruit Apple Slices	24 Popcorn Chicken BBQ Sauce Whole Wheat Dinner Roll Garden Salad Corn Pineapple Tidbits Fresh Banana	25 Grilled Cheese  Green Beans Baby Carrots Pineapple Tidbits Fresh Banana	26 <b>Early Release</b> 
29 Chicken Nugget & Mozzarella Stick Combo Whole Wheat Dinner Roll Tator Tots Cucumber Coins Diced Peas Fresh Orange	30 Crispy Chicken Sandwich Side of Carrots Diced Peas Fresh Empire Apple	31 Cheeseburger Sweet Potato Fries Green Beans Sliced Peaches Apple Slices <b>Lucky Tray day!</b>	 <p>We proudly support clean, organic, local and sustainable agriculture.</p> 	

## SIMPLY ROOTED™

*in food and family*

All of our entrées are made with lean meats, low-fat cheeses, and whole grain products. This is because we are Simply Rooted™ in food and family and we care about what we serve



to our young customers. Our ingredients are locally sourced, all natural, and organic or non-GMO, whenever possible.



Lunch Prices:  
Paid Students \$3.00  
Reduced Students \$4.40  
Sacred Heart Paid \$3.10  
Adult Meal \$4.40

Manage your child's meal account online:  
[www.myschoolbucks.com](http://www.myschoolbucks.com)

Lunch Includes:  
Skim Milk, 1% or Fat Free Chocolate  
Seasonal Fresh Fruit & Assorted Fruit Cups  
Available Daily:  
Assorted Daily Sandwich on WW Bread, your choice of Turkey, Ham, Tuna Fish with LF American Cheese  
Bagel Fun Lunch  
Whole Wheat Bagel, Cheese & Low Fat Yogurt  
Healthy Choice Salad:  
Fresh Garden Salad w/ Cheese, WW Dinner Roll and LF Dressing

© The Haverhill Public Schools. All ingredients are locally sourced. (V) VEGAN (GF) GLUTEN FREE (DF) DAIRY FREE (NF) NUT FREE (PF) PORK FREE (CF) CAFE AU LAIT. Menu is subject to change, notice posted when available. This institution is an equal opportunity provider.

# Welcome to our Breakfast Cafe @

Haverhill Elementary Schools

January 2018

Monday	Tuesday	Wednesday	Thursday	Friday
1 	2 Rice Krispies Honey Graham Belly Bears Apple 100% Juice Fresh Pear	3 Pancakes Syrup Tator Tots Strawberry Cup Fresh Golden Delicious Apple	4 Red. Sugar Frosted Flakes Honey Graham Belly Bears Raisins Sliced Peaches	5 Egg and Cheese Sandwich Sliced Pears Raisins
8 WW Bagel Lite Cream Cheese Diced Pears Fresh Golden Delicious Apple	9 Waffles Syrup Cinnamon Applesauce Sliced Peaches	10 Plain Donut Sliced Peaches Fresh Orange	11 Honey Bun Diced Pears Apple Slices	12 Scrambled Eggs with Cheese Toast Apple 100% Juice Fresh Banana
15 	16 French Toast Sticks Syrup Diced Pears Fresh Orange	17 Red. Sugar Froot Loops Honey Graham Belly Bears Apple Grape 100% Juice Fresh Golden Delicious Apple	18 Red. Sugar Cinnamon Toast Crunch Honey Graham Belly Bears Diced Peaches Fresh Banana	19 Ham and Egg Sandwich Sliced Pears Apple Slices
22 Red. Sugar Cinnamon Toast Crunch Honey Graham Belly Bears 100% Juice Fruit Punch Fresh Pear	23 Pancakes & Sausage Syrup Sliced Peaches Fresh Golden Delicious Apple	24 Honey Bun Pineapple Tidbits Fresh Orange	25 Organic Yogurt Honey Graham Belly Bears Diced Peaches Fresh Grapes	26 Scrambled Eggs Toast Strawberry Cup Fresh Empire Apple
29 Cheerios Honey Graham Belly Bears Raisins Fresh Banana	30 Sausage, Egg and Cheese Sandwich Diced Peaches Fresh Orange	31 Red. Sugar Frosted Flakes Honey Graham Belly Bears Raisins Sliced Peaches	 <p><b>FUEL YOUR DAY THE RIGHT WAY. EAT A HEALTHY BREAKFAST!</b></p> <p>VEGETARIAN MADE WITH ORGANIC INGREDIENTS MADE WITH ALL NATURAL INGREDIENTS PORK VEGAN</p>	

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### Breakfast Prices

Regular: \$1.50

Reduced: \$0.30

Milk: 0.70

Please visit [www.myschoolbucks.com](http://www.myschoolbucks.com) for online payment options.

### Available Daily

Whole grain bagels w/ low fat cream cheese or jelly

Assorted Yogurt

Assorted Muffins: blueberry or Apple Cinnamon

Assorted Cereals w/ honey graham belly bears

All served with fat free or low fat milk, assorted juices and fresh fruits.

The Haverhill Public Schools is an EEO Employer

\*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.