

Welcome to our Lunch Cafe @

Haverhill Elementary Schools

March 2018

Monday

Tuesday

Wednesday

Thursday

Friday



of the MONTH



We proudly support clean, organic, local and sustainable agriculture.

5	Chicken Nuggets Whole Wheat Dinner Roll Sweet Potato Fries Corn Strawberries Fresh Empire Apple	6	Soft Taco(s) 🌮 Sauteed Corn & Black Bean Salsa Baked Beans Mixed Fruit Apple Slices	7	Pasta & Meat Sauce 🍝 Whole Wheat Dinner Roll Green Beans Strawberry Cup Fresh Golden Delicious Apple	8	Waffles 🍷 Syrup Turkey Sausage Patty Cinnamon Apple Slices Tator Tots Sliced Peaches Fresh Golden Delicious Apple BLUNCH FOR LUNCH TODAY!	9	Cheese Pizza 🍕 Carroteenies Side Garden Salad Applesauce Fresh Banana
12	Stuffed Bread Sticks 🍞 Tomato Sauce Dip 🍷 Peas Diced Peas Fresh Golden Delicious Apple	13	Turkey Hot Dog on Bun Baked Beans Carrot Sticks Applesauce Fresh Orange	14	Roasted Turkey with Gravy 🍷 Mashed Potatoes Steamed Broccoli Whole Wheat Dinner Roll Sliced Peaches Fresh Empire Apple	15	Cheeseburger Sweet Potato Fries Mixed Vegetables Apple Slices Mixed Fruit	16 Early Release	
19	French Toast 🍞 Turkey Sausage Patty Syrup Tator Tots Celery Sliced Peaches Fresh Golden Delicious Apple BLUNCH FOR LUNCH TODAY!	20	Crispy Tacos Salsa Baked Beans Carroteenies Cinnamon Applesauce Fresh Orange	21	Popcorn Chicken BBQ Sauce Whole Wheat Dinner Roll Sweet Potato Fries Corn Diced Peaches Fresh Pear	22	Homemade Mac & Cheese 🍷 Whole Wheat Dinner Roll Side of Carrots Steamed Broccoli Applesauce Fresh Banana	23	Cheese Pizza 🍕 Garden Salad Cucumber Coins Sliced Peas Fresh Orange
26	Chicken Nugget & Mozzarella Stick Combo 🍷 Whole Wheat Dinner Roll Tator Tots Cucumber Coins Diced Peas Fresh Orange	27	Chicken Fajita Wrap 🌮 Sauteed Corn & Black Bean Salsa Baked Beans Mixed Fruit Apple Slices	28	Grilled Cheese 🍷 Green Beans Baby Carrots Pineapple Tidbits Fresh Banana	29	Crispy Chicken Sandwich Steamed Broccoli Oven Baked Fries Diced Peas Fresh Empire Apple Lucky Tray day!	30 No School	

SIMPLY ROOTED™ in food and family

Did you know that all of our tuna is dolphin safe? It's true, also, our shelled eggs are cage-free (or pasture-raised when possible). This is because we are Simply Rooted™ in food and family



and we care. 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

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

*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, not posted when available. This institution is an equal opportunity provider.

Welcome to our Breakfast Cafe

Haverhill Elementary Schools

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FUEL YOUR DAY THE RIGHT WAY. EAT A HEALTHY BREAKFAST!

VEGETARIAN MADE WITH ORGANIC INGREDIENTS
MADE WITH ALL NATURAL INGREDIENTS PORK VEGAN



1	Red. Sugar Frosted Flakes Honey Graham Belly Bears Sliced Peaches Fresh Orange
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2	Egg and Cheese Sandwich Sliced Peaches Fresh Apple
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5	WW Bagel Lite Cream Cheese Diced Peaches Fresh Golden Delicious Apple
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6	Waffles with Sausage Syrup Cinnamon Applesauce Fresh Orange
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7	Plain Donut Sliced Peaches Fresh Empire Apple
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8	Honey Bun Mixed Fruit Fresh Pear
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9	Scrambled Eggs with Cheese Toast Diced Peaches Apple Slices
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12	Organic Yogurt Honey Graham Belly Bears Diced Peaches Fresh Apple
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13	French Toast Syrup Diced Peach Cup Fresh Pear
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14	Red. Sugar Froot Loops Honey Graham Belly Bears Mixed Fruit Fresh Golden Delicious Apple
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15	Reduced Sugar Cinnamon Toast Crunch Honey Graham Belly Bears Diced Peaches Fresh Banana
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16	Ham and Egg Sandwich Sliced Peaches Apple Slices
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19	Reduced Sugar Cinnamon Toast Crunch Honey Graham Belly Bears 100% Juice Fruit Punch Fresh Golden Delicious Apple
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20	Pancakes & Sausage Syrup Sliced Peaches Fresh Orange
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21	Honey Bun Pineapple Tidbits Apple Slices
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22	Organic Yogurt Honey Graham Belly Bears Diced Peaches Fresh Pear
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23	Scrambled Eggs Toast Strawberry Cup Fresh Empire Apple
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26	Cheerios Honey Graham Belly Bears Mixed Fruit Fresh Apple Raisins Fresh Banana
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27	Sausage, Egg and Cheese Sandwich Diced Peaches Fresh Orange
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28	Red. Sugar Frosted Flakes Honey Graham Belly Bears Raisins Fresh Golden Delicious Apple
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29	Honey Bun Applesauce Fresh Orange
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30	School Closed
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Breakfast Prices

Regular: \$1.50
Reduced: \$0.30

Milk: 0.70

Please visit 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

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