

Welcome to our Lunch Cafe at...

Haverhill Elementary Schools

June 2018

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday



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



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

<p>4</p> <p>Homemade Mac & Cheese </p> <p>Green Peas</p> <p>Whole Wheat Dinner Roll</p> <p>Applesauce</p> <p>Fresh Banana</p>	<p>5</p> <p>Soft Tacos</p> <p>Salsa</p> <p>Baked Beans</p> <p>Mixed Fruit</p> <p>Watermelon Slices</p> <p style="text-align: center; color: blue;">Chicken Taco!</p>	<p>6</p> <p>Turkey & Cheese Sandwich</p> <p>Ham & Cheese Sandwich </p> <p> Crispy Tator Tots</p> <p>Diced Peaches</p> <p>Fresh Pear</p> <p style="text-align: center; color: purple;">Subs for Lunch!</p>	<p>7</p> <p>Grilled Cheese Sandwich </p> <p>Green Beans</p> <p>Pineapple Cup</p> <p>Fresh Banana</p>	<p>1</p> <p>Cheese Pizza </p> <p>Garden Salad</p> <p>Broccoli Bites</p> <p>Sliced Pears</p> <p>Fresh Empire Apple</p>
<p>11</p> <p>Stuffed Bread Sticks </p> <p>Tomato Sauce Dip </p> <p>Steamed Peas</p> <p>Diced Pear Cup</p> <p>Fresh Golden Delicious Apple</p>	<p>12</p> <p>Chicken Nuggets</p> <p>Whole Wheat Dinner Roll</p> <p>Sweet Potato Fries</p> <p>Sweet Corn</p> <p>Diced Peach Cup</p> <p>Fresh Empire Apple</p>	<p>13</p> <p>Whole Grain French Toast Slices </p> <p>Syrup</p> <p>Crispy Tator Tots</p> <p>Celery</p> <p>Sliced Peaches</p> <p>Fresh Golden Delicious Apple</p>	<p>14</p> <p>Cheeseburger Fries</p> <p>Mixed Vegetables</p> <p>Apple Slices</p> <p>Mixed Fruit</p>	<p>15</p> <p>Cheese Pizza </p> <p>Garden Salad</p> <p>Sliced Peaches</p> <p>Fresh Orange</p>
<p>18</p> <p>Whole Grain French Toast Slices </p> <p>Syrup</p> <p>Crispy Tator Tots</p> <p>Celery</p> <p>Sliced Peaches</p> <p>Fresh Golden Delicious Apple</p>	<p>19</p> <p>Nachos with Cheese </p> <p>Salsa</p> <p>Baked Beans</p> <p>Mixed Fruit</p> <p>Fresh Orange</p>	<p>20</p> <p>Baked Pasta with Cheese </p> <p>Whole Wheat Dinner Roll</p> <p>Green Beans</p> <p>Strawberry Cup</p> <p>Watermelon Slices</p>	<p>21</p> <p>Ham & Cheese Sandwich </p> <p>Turkey & Cheese Sandwich</p> <p>Sweet Potato Fries</p> <p>Diced Peaches</p> <p>Fresh Pear</p> <p style="text-align: center; color: blue;">Subs for Lunch & Lucky Tray!</p>	<p>22</p>
<p>25</p>	<p>26</p>	<p>27</p>	<p>28</p>	<p>29</p>



We are Simply Rooted™ in food and family. Our menus are healthy, nutritious and flavorful, made from wholesome ingredients. We are moving towards phasing out processed foods and instead, offering more all natural, organic or non-GMO options. We also offer gluten and allergen free foods and purchase locally when seasonally available. Check us out at www.Whitsons.com or scan our QR code for more information.



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

The Haverhill Public Schools i:

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

If you have any questions regarding the menu please contact

*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.