


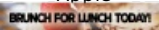






Welcome to our Lunch Cafe @

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 Pears 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 Pears Fresh Golden Delicious Apple	17 Beef Hot Dog on Bun Baked Beans Carrot Sticks Diced Pears 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 🌱 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 Early Release 
29 Chicken Nugget & Mozzarella Stick Combo 🥚 Whole Wheat Dinner Roll Tator Tots Cucumber Coins Diced Pears Fresh Orange	30 Crispy Chicken Sandwich Side of Carrots Diced Pears Fresh Empire Apple	31 Cheeseburger Sweet Potato Fries Green Beans Sliced Peaches Apple Slices Lucky Tray day!	   <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 \$4.00
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

 VEGETARIAN  NO PORK  NO BEEF  NO SHELLFISH  NO DAIRY  NO EGGS  NO NUTS  NO ALCOHOL  NO MSG  NO ARTIFICIAL FLAVORS  NO ARTIFICIAL COLORS  NO ARTIFICIAL SWEETENERS  NO HIGH FRUCTOSE CORN SYRUP  NO HYDROGENATED OILS  NO TRANS FAT  NO MSG  NO ARTIFICIAL FLAVORS  NO ARTIFICIAL COLORS  NO ARTIFICIAL SWEETENERS  NO HIGH FRUCTOSE CORN SYRUP  NO HYDROGENATED OILS  NO TRANS FAT  NO MSG  NO ARTIFICIAL FLAVORS  NO ARTIFICIAL COLORS  NO ARTIFICIAL SWEETENERS  NO HIGH FRUCTOSE CORN SYRUP  NO HYDROGENATED OILS  NO TRANS FAT

*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.