

Welcome to our Lunch Cafe @

Haverhill Golden Hill Elem

October 2017

Monday

Tuesday

Wednesday

Thursday

Friday



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

<p>2 BBQ Rib Sandwich Baked Beans Corn Mixed Fruit Melon Cup</p>	<p>3 Chicken Parm Sandwich Cucumber Coins Steamed Broccoli Applesauce Pear</p>	<p>4 Philly Cheese Sandwich Sweet Potato Fries Green Beans Sliced Peaches Fresh Empire Apple</p>	<p>5 Waffles Syrup Turkey Sausage Patty Tator Tots Glazed Carrots Sliced Peaches Fresh Golden Delicious Apple</p>	<p>Early Release</p>
<p>Columbus Day No School</p>	<p>9 Crispy Tacos Salsa Baked Beans Cinnamon Applesauce Fresh Orange</p>	<p>10 Pasta & Meat Sauce Whole Wheat Dinner Roll Tomato Salad Peas Strawberries Fresh Golden Delicious Apple</p>	<p>11 Popcorn Chicken Sweet & Sour Sauce Whole Wheat Dinner Roll Side of Carrots Green Bean Salad Fresh Empire Apple Sliced Peaches</p>	<p>12 Cheese Pizza Carroteenies Side Garden Salad Applesauce Fresh Banana</p>
<p>16 Chicken Nuggets Whole Wheat Dinner Roll Sweet Potato Fries Corn Strawberries Fresh Empire Apple</p>	<p>17 Mac & Cheese Whole Wheat Dinner Roll Side of Carrots Peas Applesauce Fresh Banana</p>	<p>18 Stuffed Bread Sticks Tomato Sauce Dip Green Beans Diced Pears Fresh Golden Delicious Apple</p>	<p>19 Nachos Grande Baked Beans Corn Mixed Fruit Melon Cup</p>	<p>20 Cheese Pizza Garden Salad Celery Sliced Peaches Fresh Orange</p>
<p>23 French Toast Turkey Sausage Patty Syrup Tator Tots Celery Sliced Peaches Fresh Golden Delicious Apple</p>	<p>24 Grilled Cheese Cherry Tomatoes Green Beans Pineapple Tidbits Fresh Banana Skim Milk</p>	<p>25 Popcorn Chicken BBQ Sauce Whole Wheat Dinner Roll Garden Salad Corn Pineapple Tidbits Fresh Banana</p>	<p>26 Beef Hot Dog on Bun Baked Beans Carrot Sticks Diced Pears Melon Cup</p>	<p>27 Cheese Pizza Side Garden Salad Cucumber Coins Sliced Peaches Melon Cup</p>
<p>30 Chicken Nugget & Mozzarella Stick Combo Whole Wheat Dinner Roll Tator Tots Cucumber Coins Diced Pears Fresh Orange</p>	<p>31 Crispy Chicken Sandwich Side of Carrots Green Beans Diced Pears Fresh Empire Apple</p>			

SIMPLY ROOTED™ in food and family

All of our products have zero trans-fats, unless they are naturally occurring. We are Simply Rooted™ in food and family and use ingredients that 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

The Haverhill Public Schools:

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. USDA is an equal opportunity provider, employer, and lender.