

Welcome to our Lunch Cafe at...

Haverhill Elementary Schools

October 2018

MEATLESS MONDAY

Monday

Tuesday

Wednesday


Thursday

Friday

1 Homemade Mac & Cheese (V) (P)
Steamed Peas
Fresh Baby Carrots
Sliced Peaches
Fresh Golden Delicious Apple

MEATLESS MONDAY

2 Meatball Hero (P) (P)
Steamed Carrots
Four Bean Salad
Fresh Orange
Diced Pear Cup




3


Early Release

4 Chicken Fajita Wrap (P)
Confetti Black Bean Salad
Cherry Tomatoes
Mixed Fruit
Fresh Pear

5 Cheese Pizza (V) (P)
Garden Salad
Broccoli Bites
Sliced Peaches
Fresh Empire Apple



8



9 Crispy Tacos (P)
Mexican Style Rice
Salsa
Fiesta Corn
Diced Pear Cup
Fresh Orange


Taco Tuesday!

10 Chicken Nuggets
Fluffy Mashed Potatoes
Cajun Maple Carrots
Whole Wheat Dinner Roll
Diced Peach Cup
Fresh Empire Apple

11 Turkey Hot Dog on Bun
Baked Beans
Hawaiian Cole Slaw
Mixed Fruit
Fresh Orange



12 Pepperoni Pizza (P) (P)
Caesar Salad
Cucumber Coins
Watermelon Slices
Sliced Peaches



15 Whole Grain French Toast Slices (V)
Syrup
Crispy Potato Puffs
Celery
Sliced Peaches
Fresh Empire Apple

BRUNCH FOR LUNCH TODAY!


16 Spicy Chicken Sandwich
Sweet Potato Fries
Sweet Corn
Diced Peach Cup
Fresh Pear



17 Pasta & Meat Sauce (P) (P)
Garlic Bread
Green Beans
Fresh Baby Carrots
Strawberry Cup
Fresh Golden Delicious Apple

18 Nachos Grande (P)
Salsa
Baked Beans
Mixed Fruit
Fresh Orange

19 Cheese Pizza (V) (P)
Garden Salad
Broccoli Florets
Sliced Peaches
Fresh Apple



22 Stuffed Bread Sticks (V)
Tomato Sauce Dip (P)
Buttered Corn
Diced Pear Cup
Fresh Golden Delicious Apple

MEATLESS MONDAY

23 Soft Tacos (P)
Salsa
Cucumber Coins
Mixed Fruit
Fresh Orange

Chicken Taco Tuesday!

24 Tangerine Dream Chicken
Rice Bowl (P)
Steamed Broccoli
Tomato Salad
Diced Peaches
Fresh Pear


25 Cheeseburger
Baked Potato Wedges
Mixed Vegetables
Fresh Empire Apple
Mixed Fruit



26 Pepperoni Pizza (P) (P)
Caesar Salad
Fresh Baby Carrots
Sliced Peaches
Watermelon Slices



29 Nachos with Cheese (V)
Salsa
Fiesta Corn
Mixed Fruit
Fresh Pear



30 Chicken Nugget & Mozzarella Stick Combo (P)
Fluffy Mashed Potatoes
Steamed Carrots
Whole Wheat Dinner Roll
Diced Peach Cup
Fresh Empire Apple

31 Barbecue Rib Sandwich (P)
Sweet Potato Puffs
Mixed Vegetables
Diced Pear Cup
Fresh Orange

HARVEST of the MONTH

Whitsons proudly supports clean, sustainable agriculture! We also focus on using ingredients that are locally sourced, all-natural, organic and non-GMO whenever possible.



WHITSON'S School Nutrition



October is National Farm to School Month! Join us as we celebrate with food, nutrition education, school gardens and plates filled with healthy, natural ingredients!



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

The Haverhill Public Schools is an EEO Employer

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 your Food Service Director: Joanna.Wood@Haverhill-ps.org

VEGETARIAN MADE WITH NATURAL INGREDIENTS PORK MADE WITH ORGANIC INGREDIENTS

*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.