

Welcome to our Lunch Cafe @

Haverhill Middle Schools

April
2017

Monday

3
Mozzarella Sticks & Marinara Sauce
Whole Wheat Dinner Roll
Peas
Celery Sticks
Mixed Fruit
Fresh Apple

Tuesday

4
Roast Turkey Breast with Gravy
Whole Wheat Dinner Roll
Garden Salad
Steamed Carrots
Mashed Potatoes
Mixed Fruit
Fresh Orange

Wednesday

5
Popcorn Chicken
WW Dinner Roll
Garden Salad
Tomato Salad
Pre Cupped Applesauce
Banana

Thursday

6
Loaded Beef Nachos
Vegetarian Baked Beans
Romaine Lettuce
Diced Peaches
Pear

Friday

7
Chicken Fajita
Spinach Salad
Corn
Diced Pears
Fresh Apple

10
Baked Chicken Nuggets
Whole Wheat Dinner Roll
Corn
Garden Salad
Applesauce
Banana

11
Chicken & Cheese Quesadilla
Steamed Carrots
Garden Salad
Mixed Fruit
Fresh Orange

12
Meatball Parm Sandwich
Sweet Potato Fries
Celery Sticks
Strawberry Cup
Golden Delicious Apple

13
BLT Cheeseburger
Organic Hummus and a Pretzel
Vegetarian Baked Beans
Garden Salad
Diced Peaches
Fresh Orange

14
Good Friday
No School

Spring Recess
No School. Enjoy.

LUNCH PRICES
Lunch Price \$3.10
Consentino Elementary \$3.00
Reduced Price \$.40
Milk \$.70
Adult Lunch \$4.50
MANAGE YOUR CHILD'S ACCOUNT ONLINE
- make payments
- view account balances
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Visit www.myschoolbucks.com today to start making payments.

24
Chicken Parm Sandwich
Peas
Garden Salad
Applesauce
Banana

25
Meatloaf with Gravy
Steamed Carrots
Mashed Potatoes
Strawberry Cup
Fresh Orange

26
Macaroni & Cheese
Whole Wheat Dinner Roll
Carrot Sticks
Romaine Salad w/ Tomato
Mixed Fruit
Diced Peas

27
Texas Rib Sandwich
Vegetarian Baked Beans
Celery Sticks
Diced Peas
Empire Apple

28
Chicken Fajita
Spinach Salad
Corn
Sliced Peaches
Golden Delicious Apple



Produce of the Month

Bananas



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

We've partnered with Stonyfield to bring you the very best in yogurt. Everything they make isn't just delicious, it's certified organic - made without the use of toxic persistent pesticides, artificial hormones, antibiotics and GMOs. Stonyfield also



supports family farms and they take care of the world around us.



Follow the QR code to learn more.

LUNCH INCLUDES

Skim Milk, 1% Milk/ Skim Chocolate Milk/ Fresh Vegetable / Fresh Fruit/FruitCup

Alternate Middle School Menu. Available Daily

Three different topped pizzas daily:

Plain, Pepperoni, Vegetable
Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, & Chicken Patties

Grab n Go fresh salad & Bagel Lunch: Garden Salad w/Cheese and Dinner Rolls; WW Bagel, cheese, and low fat yogurt.

Deli Bar (Consentino & Hunking Only): Ham - Turkey - Boars Head Buffalo Chicken - Tuna Salad - Egg salad - Chicken Salad - Peanut Butter & Jelly - LF American - LF Swiss - WW Wrap and WW Roll - Assorted Toppings

Other Middle Schools offer pre-made sandwiches.

If you have any questions or would like additional information regarding this menu

please contact your food service director, Gus Travassos @ 978-374-3416

The Haverhill Public Schools is an EEO employer.

Consentino Elementary Students

These students will be offered the entree of the day or the choice of the following whole wheat sandwiches w/LF American cheese: Ham & Cheese, Turkey & Cheese, & Tuna Salad. Also available is a Garden Salad w/Cheese and WW Dinner Rolls or a WW Bagel, Cheese, and Low Fat Yogurt. These lunches include vegetable and fruit and choice of milk. Cheese Pizza Slice On Friday with Fruit, and choice of milk. USDA is an equal opportunity provider, employer, and lender.

*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 without notice.