

Welcome to our Lunch Cafe @

Haverhill Elementary Schools

May 2017

Monday

1 French Toast Sticks & Turkey Sausage
WW Bread
Baked Tater Tots
Celery Sticks
Sliced Peaches
Empire Apple

Tuesday

2 Mozzarella Sticks & Marinara Sauce
WW Dinner Roll
Garden Side Salad
Carrots
Mixed Fruit
Golden Delicious Apple

Wednesday

3 Crispy Chicken Patty Sandwich
Corn
Garden Salad
Mixed Fruit
Pear

Thursday

4 Cheeseburger or Texas Rib Sandwich
Vegetarian Baked Beans
Peas
Diced Pears
Banana

Friday

5 Cheese Pizza
Garden Salad
Steamed Green Beans
Mixed Fruit
Fresh Orange

8 Popcorn Chicken
Whole Wheat Dinner Roll
Peas
Garden Salad
Diced Pears
Banana

9 Pasta with Meat Sauce
Whole Wheat Dinner Roll
Tomato Salad
Corn
Strawberry Cup
Fresh Orange

10 Chicken & Cheese Quesadilla or Organic Hummus and a Pretzel
Sliced Cucumber
Carrots
Applesauce
Pear

11 Meatball Parm Sandwich
Vegetarian Baked Beans
Romaine Salad w/ Tomato
Pineapple Cup
Golden Delicious Apple

12 Cheese Pizza
or Pizza Bagel
Spinach Salad
Steamed Green Beans
Diced Peaches
Banana

15 Mini Cheese Ravioli
Whole Wheat Dinner Roll
Corn
Garden Salad
Diced Pears
Empire Apple

16 Baked Chicken Nuggets
Brown Rice
Tomato Salad
Steamed Green Beans
Applesauce
Orange

17 Shepherd's Pie
WW Dinner Roll
Steamed Carrots
Steamed Broccoli
Pineapple Cup
Banana

18 Hot Dog
Vegetarian Baked Beans
Garden Salad
Sliced Peaches
Pear

19 Cheese Pizza
Spinach Salad
Corn
Applesauce
Golden Delicious Apple

22 Waffles
or Fluffy Pancakes
Syrup
Turkey Sausage
Baked Tater Tots
Celery Sticks
Pineapple Cup
Empire Apple

23 Macaroni & Cheese
WW Dinner Roll
Steamed Carrots
Steamed Green Beans
Diced Pears
Fresh Orange

24 Meatloaf with Gravy
WW Dinner Roll
Mashed Potatoes
Steamed Carrots
Sliced Peaches
Banana

25 Crispy Chicken Patty Sandwich or Hamburger
Vegetarian Baked Beans
Cucumber Coins
Mixed Fruit
Pear

26 Cheese Pizza
or Pizza Bagel
Spinach Salad
Peas
Strawberries
Golden Delicious Apple

29 Memorial Day
No School

30 Pasta & Meatballs
Whole Wheat Dinner Roll
Carrots
Steamed Green Beans
Mixed Fruit
Empire Apple

31 Grilled Cheese Sandwich
Tomato Soup
Cucumber Coins
Applesauce
Fresh Orange

Produce of the Month
Lettuce




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

To make prepayments and to manage your child's account, please visit: www.myschoolbucks.com
Our menus are healthy, nutritious and flavorful, made from wholesome ingredients. At Whitsons, we have very high ingredient standards and strict procedures in place to make sure of it! We also offer gluten & allergen free foods and purchase locally when seasonally available. Check us out at www.Whitsons.com or scan our QR code to see all that we are doing at your school to keep your kids healthy!



LUNCH INCLUDES
Skim Milk, 1% Milk or Fat Free Chocolate Milk / Fresh Seasonal Fruit, & Assorted Fruit Cups
AVAILABLE DAILY
Assorted Daily Sandwich with choice of deli meat and LF American Cheese
Turkey - Ham - Tuna
Bagel Lunch
Whole Wheat Bagel, Cheese, & Low Fat yogurt
Healthy Coice Salad
Garden Salad w/Cheese and Whole Wheat Dinner Roll and LF Dressing
If you have any questions or would like additional information regarding this menu please contact your Food Service Director: Gus Travassos @ 978-374-3416