

Welcome to our Lunch Cafe @

Haverhill Golden Hill Elem

September
2017

Monday

Tuesday

Wednesday

Thursday

Friday



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

1
Early Release Day
Please see
Breakfast Menu

<p>4 Labor Day No School</p>	<p>5 Popcorn Chicken Sweet & Sour Sauce Whole Wheat Dinner Roll Side of Carrots Green Beans Cinnamon Applesauce Fresh Orange</p>	<p>6 Pasta & Meat Sauce Whole Wheat Dinner Roll Tomato Salad Peas Strawberries Golden Delicious Apple</p>	<p>7 Fajita Vegetarian Baked Beans Corn Diced Pears Sliced Peaches</p>	<p>8 Cheese Pizza Side Garden Salad Side of Carrots Applesauce Banana</p>
<p>11 Chicken Nuggets Whole Wheat Dinner Roll Sweet Potato Fries Corn Strawberries Empire Apple</p>	<p>12 Mac & Cheese Whole Wheat Dinner Roll Side of Carrots Peas Applesauce Banana</p>	<p>13 Crispy Chicken Sandwich Sweet Potato Fries Green Beans Diced Pears Golden Delicious Apple</p>	<p>14 Nachos Grande Baked Beans Corn Mixed Fruit Melon Cup</p>	<p>15 Cheese Pizza Garden Salad Tomato Salad Sliced Peaches Fresh Orange</p>
<p>18 French Toast Pancakes Turkey Sausage Patty Syrup Tator Tots Celery Sliced Peaches Golden Delicious Apple</p>	<p>19 Grilled Cheese Tomato Salad Green Beans Pineapple Tidbits Banana</p>	<p>20 Popcorn Chicken BBQ Sauce Whole Wheat Dinner Roll Garden Salad Corn Pineapple Tidbits Banana</p>	<p>21 Beef Hot Dog on Bun Baked Beans Carrot Sticks Diced Pears Melon Cup</p>	<p>22 Cheese Pizza Side Garden Salad Green Beans Mixed Fruit Cup Melon Cup</p>
<p>25 Chicken Nugget & Mozzarella Stick Combo Whole Wheat Dinner Roll Tator Tots Cucumber Coins Diced Pears Fresh Orange</p>	<p>26 Crispy Chicken Sandwich Side of Carrots Green Beans Diced Pears Empire Apple</p>	<p>27 Meatball Parmesan Sandwich Tomato Salad Peas Sliced Peaches Fresh Orange</p>	<p>28 Cheeseburger Baked Beans Corn Mixed Fruit Cup Pear</p>	<p>29 Cheese Pizza Fresh Broccoli Garden Salad Diced Peaches Fresh Red Grapes</p>

At Whitsons, we know that good nutrition fuels students for optimal performance, both mentally and physically. We work hard to make sure all of our menus are healthy, nutritious and taste good. To learn more about nutrition related to athletics, visit us at www.Whitsons.com



or scan our QR code to see all that we are doing to keep our young customers healthy!



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

*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.