

# Welcome to our Breakfast Cafe @

Haverhill Golden Hill Elem

September  
2017

Monday

Tuesday

Wednesday

Thursday

Friday



**FUEL YOUR DAY  
THE RIGHT WAY.  
EAT A HEALTHY  
BREAKFAST!**



1 Red. Sugar Frosted Flakes  
Honey Graham Belly Bears  
Raisins  
Pear

**Labor Day  
No School**

5 WW Bagel  
Lite Cream Cheese  
Cinnamon Applesauce  
Sliced Peaches

6 Plain Donut  
Sliced Peaches  
Fresh Orange

7 Honey Bun  
Diced Peaches  
Fresh Orange

8 Rice Krispies  
Honey Graham Belly Bears  
Apple 100% Juice  
Banana

11 Blueberry Muffin  
Diced Peaches  
Empire Apple

12 French Toast  
Syrup  
Diced Peaches  
Fresh Orange

13 Red. Sugar Froot Loops  
Honey Graham Belly Bears  
Apple Grape 100% Juice  
Golden Delicious Apple

14 Ham & Cheese Bagel Melt  
Apple Cherry 100% Juice  
Banana

15 WW Bagel  
Lite Cream Cheese  
Fresh Fruit Cup  
Applesauce

18 Red. Sugar Cinnamon  
Toast Crunch  
Honey Graham Belly Bears  
100% Juice Fruit Punch  
Pear

19 Pancakes & Sausage  
Mixed Fruit Cup  
Golden Delicious Apple

20 Honey Bun  
Pineapple Tidbits  
Fresh Orange

21 Waffles  
Syrup  
Diced Peaches  
Fresh Red Grapes

22 Organic Yogurt  
Honey Graham Belly Bears  
Apple 100% Juice  
Empire Apple

25 Sausage and Egg  
Sandwich  
Mixed Fruit Cup  
Raisins

26 Cheerios  
Honey Graham Belly Bears  
Diced Peaches  
Banana

27 Blueberry Muffin  
Diced Peaches  
Fresh Orange

28 Bagel with String Cheese  
Mixed Fruit Cup  
Empire Apple

29 Bacon, Egg and Cheese  
Breakfast Sandwich  
Diced Peaches  
Golden Delicious Apple

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](http://www.Whitsons.com)



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



**Breakfast Prices**

Regular: \$1.50

Reduced: \$0.30

Milk: 0.70

Please visit [www.myschoolbucks.com](http://www.myschoolbucks.com) for online payment options.

**Available Daily**

Whole grain bagels w/ low fat cream cheese or jelly

Assorted Yogurt

Assorted Muffins: blueberry or Apple Cinnamon

Assorted Cereals w/ honey graham belly bears

All served with fat free or low fat milk, assorted juices and fresh fruits.

The Haverhill Public Schools is an EEO Employer

If you have any questions or would like additional information regarding this menu please contact your food service director Joanna Wood 978-374-3416 or email

\*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.