

Welcome to our Lunch Cafe at...

North Middlesex Ashby Elementary

February 2019

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday

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.



1 Pepperoni Pizza 🍕
Cheese Pizza 🍕
Mixed Vegetables
Garden Salad
Chicken Nuggets
Whole Wheat Dinner Roll
Grilled Cheese Sandwich
Celery
Fresh Apple
Mixed Fruit

4 Mozzarella Sticks 🍷
Sweet Corn
Chicken Nuggets
Whole Wheat Dinner Roll
Grilled Cheese Sandwich
Fresh Baby Carrots
Not-A-Nut Butter & Jelly Sandwich
Fresh Empire Apple
Dried Cranberries

5 Crispy Popcorn Chicken
Fluffy Mashed Potatoes
Steamed Broccoli
Cheese Pizza 🍕
Grilled Cheese Sandwich
Garden Salad
Celery
Diced Pear Cup
Sliced Oranges

6 Beef and Tomato
Macaroni Casserole 🍝
Green Beans
Garlic Bread
Chicken Nuggets
Whole Wheat Dinner Roll
Grilled Cheese Sandwich
Red Pepper Strips
Sliced Peaches
Applesauce

7 Whole Grain Pancakes
with Sausage
Orange Glazed Carrots
Cheese Pizza 🍕
Grilled Cheese Sandwich
Cucumber Coins
Cinnamon Applesauce
Fresh Banana
BRUNCH FOR LUNCH TODAY!

8 Pepperoni Pizza 🍕
Cheese Pizza 🍕
Corn Cobettes
Chicken Nuggets
Whole Wheat Dinner Roll
Grilled Cheese Sandwich
Caesar Salad
Mixed Fruit
Strawberry Cup
100 Days of School

11 Chicken & Vegetable Rice
Bowl 🍲
Chicken Nuggets
Sweet Corn
Whole Wheat Dinner Roll
Grilled Cheese Sandwich
Not-A-Nut Butter & Jelly
Sandwich
Fresh Baby Carrots
Apple Slices
Pineapple Cup

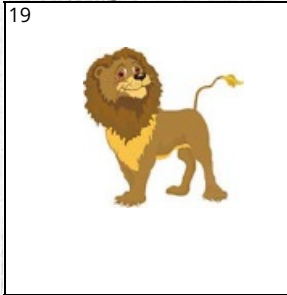
12 Beef Hot Dog on Bun
Baked Beans
Cheese Pizza 🍕
Grilled Cheese Sandwich
Garden Salad
Grape Tomatoes
Sliced Pears
Fresh Empire Apple

13 Homemade Mac &
Cheese 🍝
Green Beans
Chicken Nuggets
Whole Wheat Dinner Roll
Grilled Cheese Sandwich
Celery
Sliced Peaches
Fresh Orange

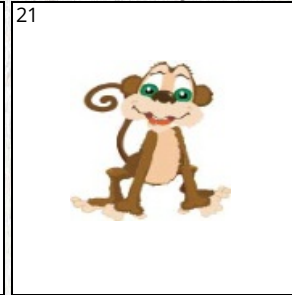
14 Ham, Egg and Cheese
Sandwich 🍔
Baked Potato Wedges
Valentine Glazed Carrots
Stickers
Cheese Pizza 🍕
Grilled Cheese Sandwich
Grape Tomatoes
Strawberry Cup
Fresh Banana
100% Juice Fruit Punch
BRUNCH FOR LUNCH TODAY!

15 Pepperoni Pizza 🍕
Cheese Pizza 🍕
Mixed Vegetables
Chicken Nuggets
Whole Wheat Dinner Roll
Grilled Cheese Sandwich
Garden Salad
Mixed Fruit
Dried Cranberries

18 **PRESIDENT'S DAY**
NO SCHOOL
New Bread Sticks on 2/25
(2 golden pastries stuffed with mozzarella cheese)



20 **SCHOOL CLOSED TODAY**



22 **SCHOOL CLOSED TODAY**

25 Bread Sticks 🍷
Tomato Sauce
Buttered Corn
Chicken Nuggets
Whole Wheat Dinner Roll
Grilled Cheese Sandwich
Fresh Baby Carrots
Not-A-Nut Butter & Jelly
Sandwich
Dried Cranberries
Apple Slices

26 Crispy Chicken Sandwich
Oven Baked Fries
Cheese Pizza 🍕
Grilled Cheese Sandwich
Garden Salad
Grape Tomatoes
Fresh Empire Apple
Pear and Pineapple Cup

27 Cheese Ravioli with
Tomato Sauce 🍝
Green Beans
Italian Bread
Whole Wheat Dinner Roll
Chicken Nuggets
Grilled Cheese Sandwich
Celery
Sliced Oranges
Diced Peach Cup

28 Whole Grain Waffles with
Sausage
Baked Sweet Potato
Cheese Pizza 🍕
Grilled Cheese Sandwich
Cucumber Coins
Red Beans
Fresh Banana
Applesauce
BRUNCH FOR LUNCH TODAY!

All of our entrées are made with lean meats, low-fat cheeses, and whole grain products. This is because we are Simply Rooted™ in food and family and we care about what we serve to our young customers. Our ingredients are locally sourced, all natural, organic and non-GMO, whenever possible.



Lunch Prices: Students \$3.00
Reduced: \$0.40 Adult: \$3.85
Visit: www.myschoolbucks.com
or send in a check made out to
NMRSD School Lunch
Lunch Includes:
Skim or Fat Free Chocolate Milk,
Seasonal Fresh or Cupped Fruit
Raw or Steamed Vegetable or Salad Cup
All Meals include a Protein & Grain
Assorted Condiments Available Daily

Available Selections Daily
- Healthy Choice Salad; a bed of mixed greens, grape tomatoes, sliced cucumber, shredded carrots and topped with shredded cheese, Served with 2 dinner rolls.
- Chicken Caesar Salad; fresh cut romaine lettuce topped with breaded chicken, Parmesan cheese and croutons.
- Sliced Turkey and Cheese or Ham and Cheese served on a whole wheat wrap.
- Chicken Caesar Wraps to Go
- Chicken Nuggets served w/1 dinner roll

🍃 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.