

Welcome to our Lunch Cafe @

North Middlesex Spaulding Elementary

September 2017

Monday

Tuesday

Wednesday

Thursday

Friday



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

1
No School

4
No School -
Labor Day

5 Sweet & Sour Chicken
Sauce & Toss
Brown Rice
Steamed Broccoli
Cheese Pizza
Grilled Cheese
Veggie Dippers
Strawberries
Sliced Oranges

6 Pasta & Meat Sauce
Green Beans
Garlic Bread
Chicken Nuggets
Grilled Cheese
Garden Salad
Cinnamon Applesauce
Dried Cranberries

7 Waffles with Sausage
Side of Carrots
Cheese Pizza
Grilled Cheese
Diced Pears
Banana
Cucumber Coins

8 Pepperoni Pizza
Garden Salad
Chicken Nuggets
Grilled Cheese
Grape Tomatoes
Mixed Fruit
Raisins

11 Chicken Quesadilla
Fiesta Corn
Chicken Nuggets
Grilled Cheese
Veggie Dippers
Pre Cupped Applesauce
Sliced Oranges

12 Cheeseburger
Oven Baked Fries
Cheese Pizza
Grilled Cheese
Garden Salad
Celery
Sliced Peaches
Raisins

13 Chicken Nugget &
Mozzarella Stick Combo
Grilled Cheese
Green Pepper Slices
Dried Cranberries
Fresh Apple

14 French Toast
Sausage Links
Glazed Carrots
Cheese Pizza
Grilled Cheese
Blueberries
Strawberries
Cucumber Coins

15 Pepperoni Pizza
Chicken Nuggets
Grilled Cheese
Caesar Salad
Carroteenies
Empire Apple
Mixed Fruit

18 Popcorn Chicken
Mashed Potatoes
Corn
Grilled Cheese
Celery
Sliced Oranges
Diced Pears

19 Beef Hot Dog on Bun
Baked Beans
Cheese Pizza
Grilled Cheese
Cherry Tomatoes
Empire Apple
Diced Peaches

20 Mac & Cheese
Whole Wheat Dinner Roll
Green Beans
Chicken Nuggets
Grilled Cheese
Carroteenies
Applesauce
Melon Cup

21 Ham & Cheese Bagel Melt
Hash Browns
Cheese Pizza
Grilled Cheese
Cucumber Coins
Banana
Raisins

22 Pepperoni Pizza
Chicken Nuggets
Grilled Cheese
Four Bean Salad
Veggie Dippers
Mixed Fruit
Dried Cranberries

25 Crispy Chicken Sandwich
Veggie Dippers
Oven Baked Fries
Chicken Nuggets
Grilled Cheese
Mixed Fruit
Fresh Orange

26 Nachos Grande
Salsa
Corn
Carroteenies
Cheese Pizza
Grilled Cheese
Empire Apple
Dried Cranberries

27
Early Release
Breakfast Served

28 Pancakes with Ham
Glazed Carrots
Cheese Pizza
Grilled Cheese
Garden Salad
Diced Peaches
Raisins

29 Pepperoni Pizza
Chicken Nuggets
Grilled Cheese
Garden Salad
Celery
Diced Pears
Empire 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



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



Lunch Prices:
Students: \$2.75
Reduced: \$0.40
Adult: \$3.60

Manage your students account online 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

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, served with 1 dinner roll.
- Sliced Turkey and Cheese or Ham and Cheese served on a whole wheat wrap or sliced bread.
- Chicken Caesar Wraps to Go

*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.