

Welcome to our Lunch Cafe at...

North Middlesex Varnum Brook Elementary

September 2019

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.



2

LET'S CELEBRATE LABOR DAY

3

- Cheeseburger Cheese Pizza
- Grilled Cheese Sandwich
- Buttered Corn
- Grape Tomatoes
- Garden Salad
- Fresh Empire Apple
- Diced Peaches

4

- Cheese Ravioli with Tomato Sauce
- Green Beans
- Homemade Garlic Bread
- Chicken Nuggets
- Whole Wheat Dinner Roll
- Grilled Cheese Sandwich
- Celery
- Sliced Oranges

5

- Whole Grain Pancakes with Sausage
- Glazed Carrots
- Cheese Pizza
- Grilled Cheese Sandwich
- Cucumber Coins
- Kidney Beans
- Cinnamon Applesauce

BRUNCH FOR LUNCH TODAY!

6

- Hand Crafted Pepperoni Pizza
- Cheese Pizza
- Chicken Nuggets
- Whole Wheat Dinner Roll
- Grilled Cheese Sandwich
- Corn Cobettes
- Garden Salad
- Fresh Apple

9

MEATLESS MONDAY

- Homemade Mac & Cheese
- Sweet Corn
- Chicken Nuggets
- Whole Wheat Dinner Roll
- Grilled Cheese Sandwich
- Not-A-Nut Butter & Jelly Sandwich
- Fresh Baby Carrots

10

- Crispy Chicken Sandwich
- Oven Baked Fries
- Cheese Pizza
- Grilled Cheese Sandwich
- Grape Tomatoes
- Garden Salad
- Diced Pear Cup
- Sliced Oranges

11

IT'S STUDENT APPRECIATION DAY

- BBQ Chicken
- Brown Rice
- Steamed Peas
- Homemade Garlic Bread
- Chicken Nuggets
- Whole Wheat Dinner Roll
- Grilled Cheese Sandwich
- Red Pepper Strips

12

- Ham & Cheese Bagel Melt
- Sweet Potato Fries
- Cheese Pizza
- Grilled Cheese Sandwich
- Pinto Beans
- Fresh Banana
- Cinnamon Applesauce

BRUNCH FOR LUNCH TODAY!

13

- Hand Crafted Pepperoni Pizza
- Cheese Pizza
- Chicken Nuggets
- Whole Wheat Dinner Roll
- Grilled Cheese Sandwich
- Mixed Vegetables
- Caesar Salad
- Watermelon Slices

16

MEATLESS MONDAY

- Cheese Quesadilla
- Fiesta Corn Salsa
- Chicken Nuggets
- Whole Wheat Dinner Roll
- Grilled Cheese Sandwich
- Not-A-Nut Butter & Jelly Sandwich
- Pear and Pineapple Cup

17

- Beef Hot Dog on Bun
- Baked Beans
- Cheese Pizza
- Grilled Cheese Sandwich
- Garden Salad
- Grape Tomatoes
- Fresh Empire Apple
- Diced Pear Cup
- Sliced Oranges

18

- Homemade Pasta & Meatballs
- Homemade Garlic Bread
- Chicken Nuggets
- Green Beans
- Grilled Cheese Sandwich
- Whole Wheat Dinner Roll
- Fresh Baby Carrots
- Sliced Peaches

19

- Whole Grain Waffles with Sausage
- Glazed Carrots
- Cheese Pizza
- Grilled Cheese Sandwich
- Cinnamon & Honey Roasted Beans
- Cucumber Coins

BRUNCH FOR LUNCH TODAY!

20

- Hand Crafted Pepperoni Pizza
- Cheese Pizza
- Mixed Vegetables
- Chicken Nuggets
- Whole Wheat Dinner Roll
- Grilled Cheese Sandwich
- Mixed Fruit
- Fresh Apple

23

MEATLESS MONDAY

- Bread Sticks
- Corn
- Chicken Nuggets
- Whole Wheat Dinner Roll
- Grilled Cheese Sandwich
- Not-A-Nut Butter & Jelly Sandwich
- Fresh Baby Carrots
- Dried Cranberries

24

- Sweet & Sour Chicken
- Sauce & Toss
- Brown Rice
- Steamed Broccoli
- Grape Tomatoes
- Cheese Pizza
- Grilled Cheese Sandwich
- Red Pepper Strips
- Fresh Empire Apple

25

Early Release Professional Development Only Breakfast Served

26

- Sausage, Egg & Cheese Burrito*
- Crispy Potato Puffs
- Cheese Pizza
- Grilled Cheese Sandwich
- Glazed Carrots
- Celery Sticks
- Black Beans
- Applesauce

BRUNCH FOR LUNCH TODAY!

27

- Hand Crafted Pepperoni Pizza
- Cheese Pizza
- Corn Cobettes
- Chicken Nuggets
- With Whole Wheat Dinner Roll
- Grilled Cheese Sandwich
- Mixed Fruit

30

MEATLESS MONDAY

- Mozzarella Sticks
- Chicken Nuggets
- Grilled Cheese Sandwich
- Buttered Corn
- Not-A-Nut Butter & Jelly Sandwich
- Fresh Baby Carrots
- Fresh Orange
- Pear and Pineapple Cup

fooditude



We are Simply Rooted® in food and family and our menus are nutritious and flavorful.

Check out our new mobile menu at www.FDMealPlanner.com or download

FD MealPlanner free of charge, from the App Store or Google Play, and view your menu on your mobile device anywhere.



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

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.