

# Welcome to our Lunch Cafe at...

Sudbury Haynes Elementary

January 2019

MEATLESS MONDAY

HARVEST of the MONTH



Monday

Tuesday

Wednesday

Thursday

Friday

1 

**Heidi the Hippo Say's "Try 2 Bites of Something New!"**

**Squash is our Vegetable of the Month! Have you ever tried Roasted Butternut Squash? Look for it on the menu and get a sticker for**

2

- 1 - Chicken Bowl with Gravy & Mashed potato
- 2 - Grilled Cheese Sandwich
- 3 - Chicken Caesar Salad

All With Black Beans  
Carrot Dippers  
Sliced Peaches  
And Fresh Apple

3

- 1 - Crispy Tacos
- 2 - Rainbow Grilled Cheese
- 3 - Chicken Caesar Salad

All With Mexican Style Rice  
Green Pepper Slices  
Pear and Pineapple Cup  
And Sliced Oranges

4

- 1 - Cheese Pizza
- 2 - Pepperoni Pizza
- 3 - Chicken Caesar Salad

All With Mixed Vegetables  
Cucumber Coins  
100% Juice Fruit Punch  
And Fresh Banana

7

- 1 - Homemade Mac & Cheese With Whole Wheat Dinner Roll
- 2 - Grilled Vegetable Pizza
- 3 - Garden Salad with Cheese Entree

All With Green Pepper Slices  
Cucumber Coins  
Strawberry Cup  
And Fresh Banana

8

- 1 - Crispy Popcorn Chicken With Whole Wheat Dinner Roll
- 2 - Veggie Burger
- 3 - Chicken Caesar Salad

Oven Baked Fries  
Roasted Butternut Squash  
Diced Peaches  
And Fresh Grapes

9

**Half Day!**

**Join us for Breakfast!**

10

- 1 - Cheese Ravioli with Meatballs
- 2 - Cheese Ravioli with Tomato Sauce
- 3 - Chicken Caesar Salad

All With Steamed Carrots  
Grape Tomatoes  
Applesauce  
And Sliced Oranges

11

- 1 - Cheese Pizza
- 2 - Crispy Bacon Pizza
- 3 - Chicken Caesar Salad

All With Cucumber Coins  
Celery Sticks  
100% Juice Fruit Punch  
And Fresh Banana

**Today is National Milk Day!**  
Low Fat White Milk helps grow strong bones!

14

- 1 - Mozzarella Sticks With Whole Wheat Dinner Roll
- 2 - Veggie Burger
- 3 - Garden Salad with Cheese Entree

All With Cucumber Coins  
Strawberry Cup  
And Fresh Banana

15

- 1 - Baked Chicken Tenders With Whole Wheat Dinner Roll
- 2 - Gluten Free Bagel with Sautéed Vegetables
- 3 - Chicken Caesar Salad

Oven Baked Fries  
Cherry Tomatoes  
Diced Pear Cup  
And Fresh Empire Apple

16

- 1 - Pasta & Meatballs
- 2 - Pasta & Broccoli with Garlic & Oil
- 3 - Chicken Caesar Salad

All With Steamed Broccoli  
Carrot Dippers  
Diced Peaches  
Fresh Pear  
And David's Chocolate Chip Cookie

17

- 1 - Chicken with Gravy
- 2 - Baja Bean Fajita
- 3 - Chicken Caesar Salad

All With Fluffy Mashed Potatoes  
Fresh Baby Carrots  
Applesauce  
And Fresh Tangerine

**Jillian's Veggie Resolution!**  
She say's Try Choice 2 Today!

18

- 1 - Cheese Pizza
- 2 - Pepperoni Pizza
- 3 - Chicken Caesar Salad

All With Green Beans  
Cucumber Coins  
100% Juice Fruit Punch  
And Fresh Banana

21



**National Blueberry Pancake**

22

- 1 - Chicken Nugget & Mozzarella Stick Combo
- 2 - Veggie Burger
- 3 - Chicken Caesar Salad

Oven Baked Fries  
Cucumber Coins  
Mixed Fruit  
And Fresh Apple

23

- 1 - Meatball Hero
- 2 - Pizza Bites
- 3 - Chicken Caesar Salad

All With Roasted Butternut Squash  
Fresh Baby Carrots  
Diced Peaches  
Fresh Grapes  
And David's Chocolate Chip Cookie

24

- 1 - Meatloaf with Gravy
- 2 - Bread Sticks
- 3 - Chicken Caesar Salad

All With Fluffy Mashed Potatoes  
Cucumber Coins  
Diced Peaches  
And Fresh Pear

Choice 1 Today is Freshly Made Turkey Meatloaf

25

- 1 - Cheese Pizza
- 2 - Fruity Parfait
- 3 - Chicken Caesar Salad

All With Caesar Salad  
Grape Tomatoes  
Sliced Pears  
And Fresh Banana

28

- 1 - Fluffy Whole Grain Pancakes With Blueberries
- 2 - Fluffy Whole Grain Waffles With Strawberries
- 3 - Garden Salad with Cheese Entree

All With Grape Tomatoes  
Dried Cranberries  
And Apple 100% Juice

29

- 1 - Grilled Chicken Teriyaki Sandwich
- 2 - Grilled Cheese Sandwich
- 3 - Chicken Caesar Salad

All With Tomato Soup  
All With Red Pepper Strips  
Fresh Baby Carrots  
Diced Pear Cup  
And Fresh Tangerine

30

**Half Day!**

**Join us for Breakfast!**

31

- 1 - Crispy Chicken Sandwich
- 2 - Mozzarella Sticks
- 3 - Chicken Caesar Salad

All With Green Beans  
Confetti Garbanzo Bean Salad  
Sliced Peaches  
Fresh Apple  
And David's Chocolate Chip Cookie



Whitsons proudly supports clean, sustainable agriculture! We also focus on using ingredients that are locally sourced, all-natural, organic and non-GMO whenever possible.



Our Simply Rooted™ food philosophy and sustainability platform is based on delivering wholesome, all-natural meals to everyone's table, while giving back to the environment.



**Lunch Prices**

Reimbursable Lunch \$3.00

Reduced Lunch \$0.40

Milk \$0.75

100% Juice \$0.75

Lunch Includes: 1% Milk, Fat Free Chocolate Milk, or Lactaid and Daily Assorted Fresh Vegetable and Fruit Offerings

**Also Available Daily:**

4 - Organic Yogurt with whole wheat Bagel and string cheese

5 - Whole Wheat Bagel with Peanut Butter, celery sticks and carrots

6 - Peanut Butter and Jelly Sandwich on Whole Wheat

7 - American Cheese Sandwich on Whole Wheat Bread

If you have any questions or would like more information regarding this menu please contact:

Linda St. Hilaire Director of Food Services  
978-443-1071 ext 7506

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.