

# Welcome to our Lunch Cafe @

Sudbury Haynes Elementary

February 2018

Monday

Tuesday

Wednesday

Thursday

Friday



**HARVEST**  
of the  
MONTH



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

5 **1 - Popcorn Chicken**  
*With Whole Wheat Dinner Roll*  
**2 - Bagel Melt**  
**3 - Chicken Caesar Salad**  
  
Oven Baked Fries  
Side of Carrots  
Diced Pears  
And Sliced Oranges

6 **1 - Philly Cheese Steak Sandwich**  
**2 - Veggie Burger**  
**3 - Chicken Caesar Salad**  
  
*All With Onion Rings*  
Green Beans  
Diced Peaches  
And Fresh Apple

7  
**Half Day**  
Join us for  
**Breakfast!**



8 **1 - Nachos Grande**  
**2 - Nachos with Cheese**  
**3 - Chicken Caesar Salad**  
  
*All With Pico De Gallo Beans*  
Apple Slices  
And Bosc Pear

9 **1 - Cheese Pizza**  
**2 - Pepperoni Pizza**  
**3 - Chicken Caesar Salad**  
  
*All With Broccoli Celery Sticks*  
100% Juice Fruit Punch  
And Fresh Banana

12 **1 - Mozzarella Sticks**  
*With Whole Wheat Dinner Roll*  
**2 - Chicken Nuggets**  
**3 - Chicken Caesar Salad**  
  
*All With Tator Tots*  
Celery Sticks  
Strawberry Cup  
And Sliced Oranges

13 **1 - Pizza Bites**  
**2 - Burger**  
**3 - Chicken Caesar Salad**  
  
*All With Sweet Potato Fries*  
Green Beans  
Diced Peaches  
And Fresh Apple

14 **Grilled Cheese with**  
**1 - Homemade Chicken Soup Or**  
**2 - Tomato Soup**  
**3 - Chicken Caesar Salad**  
  
Fresh Broccoli  
Carroteenies  
Goldfish Crackers  
Mixed Fruit

15 **1 - Mac & Cheese with Ham**  
**2 - Mac & Cheese**  
**3 - Chicken Caesar Salad**  
  
*All With Side of Carrots*  
Beans  
Diced Pears  
And Sliced Oranges

16 **1 - Cheese Pizza**  
**2 - Pepperoni Pizza**  
**3 - Chicken Caesar Salad**  
  
*All With Side of Carrots*  
Cucumber Coins  
100% Juice Fruit Punch  
And Fresh Banana

19

20

21

22

23

# February Break

26 **1 - Waffles**  
**2 - French Toast**  
*All With Syrup*  
**3 - Chicken Caesar Salad**  
  
*All With Tator Tots*  
Turkey Sausage links  
Strawberries  
Blueberries  
And Diced Pears

27 **1 - Chicken Nuggets**  
*With Whole Wheat Dinner Roll*  
**2 - Bagel Melt**  
**3 - Chicken Caesar Salad**  
  
*All With Red Pepper Strips*  
Celery Sticks  
Strawberry Cup  
And Fresh Apple

28 **1 - Homemade Meatloaf**  
*With Brown Gravy*  
**2 - Grilled Cheese**  
**3 - Chicken Caesar Salad**  
  
*All With Mashed Potatoes*  
Green Beans  
Carroteenies  
Diced Peaches  
And David's Chocolate Chip Cookie



**SIMPLY ROOTED™**  
*in food and family*

At Whitsons we believe that MSG, partially hydrogenated oils, artificial colors, flavors or preservatives and high fructose corn syrup do not need to be in the foods we eat. We are Simply



Rooted™ in food and family and we care. Our ingredients are locally sourced, all natural, and organic or non-GMO, whenever possible.



**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/ Vegetable Selection / Fruit Selection

**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 ALL NATURAL INGREDIENTS PORK VEGAN 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.