

Welcome to our Lunch Cafe @

Sudbury Haynes Elementary

May 2018

MEATLESS MONDAY

And Meatless Choices Everyday



Monday

Tuesday

Wednesday

Thursday

Friday

1 **1 - Chicken Nuggets With Whole Wheat Dinner Roll**
2 - Tuscany Griller
3 - Chicken Caesar Salad
 All With Green Peas Garden Salad Applesauce And Sliced Oranges

2 **1 - Meatball Hero**
2 - Grilled Cheese Sandwich
3 - Chicken Caesar Salad
 All With Mixed Vegetables Oven Baked Fries Diced Peaches And Fresh Empire Apple

3 **1 - Nachos Grande**
2 - Nachos with Cheese
3 - Chicken Caesar Salad
 All With Beans & Rice Cucumber Coins Diced Peaches And Fresh Empire Apple

4 **1 - Cheese Pizza**
2 - Pepperoni Pizza
3 - Chicken Caesar Salad
 All With Hard-Boiled Egg Cup Celery Sticks 100% Juice Fruit Punch And Fresh Banana

7 **1 - Crispy Popcorn Chicken With Whole Wheat Dinner Roll**
2 - Pizza Bagel
3 - Chicken Caesar Salad
 All With Oven Baked Fries Steamed Broccoli Diced Pear Cup And Fresh Banana

8 **1 - Baked Chicken Tenders With Whole Wheat Dinner Roll**
2 - Homemade Mac & Cheese
3 - Chicken Caesar Salad
 All With Green Beans Fresh Baby Carrots Sliced Peaches And Sliced Oranges

9 **1 - Smokehouse Pulled Pork Sandwich**
2 - Stuffed Bread Sticks
3 - Chicken Caesar Salad
 All With Onion Rings Steamed Carrots Pineapple Cup And Fresh Apple

10 **1 - Grilled Cheese with Bacon**
2 - Grilled Cheese Sandwich
3 - Chicken Caesar Salad
 All With Baked Beans Celery Sticks Diced Peaches Goldfish Crackers 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

14 **1 - Baked Chicken Tenders With Whole Wheat Dinner Roll**
2 - Veggie Burger
3 - Chicken Caesar Salad
 All With Oven Baked Fries Steamed Broccoli Diced Pear Cup And Fresh Banana

15 **1 - Mozzarella Sticks**
2 - Chicken Sandwich
3 - Chef Salad
 All With Green Beans Carrot Dippers Sliced Peaches And Sliced Oranges

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

17 **1 - Roasted Turkey with Gravy**
2 - Grilled Cheese Sandwich
3 - Chicken Caesar Salad
 All With Fluffy Mashed Potatoes Celery Sticks Diced Peaches And Sliced Oranges

18 **1 - Cheese Pizza**
2 - Pepperoni Pizza
3 - Chicken Caesar Salad
 All With Cucumber Coins Kidney Beans Apple 100% Juice And Fresh Banana

21 **1 - Waffles with Sausage**
2 - Egg and Cheese Sandwich
3 - Chicken Caesar Salad
 All With Crispy Tator Tots Cucumber Coins Apple Cherry 100% Juice And Fresh Banana

22 **1 - Crispy Chicken Sandwich**
2 - Pizza Bites
3 - Traveling Salad Bar
 All With Green Peas Fresh Baby Carrots Applesauce And Fresh Apple

23 **1 - Chicken Cheese Quesadilla**
2 - Cheese Quesadilla
3 - Chicken Caesar Salad
 All With Salsa Red Pepper Strips Green Pepper Slices Diced Pear Cup And Sliced Oranges

24 **1 - Cheeseburger**
2 - Veggie Burger
3 - Turkey Hot Dog on Bun
 All With Baked Potato Crisps Baked Beans Cucumber Coins And Fresh Empire Apple

25 **1 - Cheese Pizza**
2 - Crispy Bacon Pizza
3 - Chicken Caesar Salad
 All With Caesar Salad Celery Sliced Pears And Apple 100% Juice



28 **1 - Crispy Chicken Sandwich**
2 - Bagel Melt
3 - Chicken Caesar Salad
 All With Green Peas Cucumber Coins Applesauce And Fresh Apple

30 **1 - Meatball Hero**
2 - Grilled Cheese Sandwich
3 - Chicken Caesar Salad
 All With Mixed Vegetables Oven Baked Fries Diced Peaches And Watermelon Slices

31 **1 - Crispy Popcorn Chicken With Whole Wheat Dinner Roll**
2 - Veggie Burger
3 - Chicken Caesar Salad
 All With Baked Beans Cucumber Coins Diced Peaches And Sliced Oranges

WHITSON'S
 School Nutrition
 We proudly support clean, organic local and sustainable agriculture.

SIMPLY ROOTED™ in food and family

We offer a variety of balanced choices to satisfy the needs of customers. This is because we are Simply Rooted™ in food and family and we care about our young customers. 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 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.