

# Welcome to our Lunch Cafe at...

Sudbury Haynes Elementary

June 2018

MEATLESS MONDAY

And Meatless Choices Everyday

Monday

Tuesday

Wednesday

Thursday

Friday

WHITSONS School Nutrition

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

HARVEST of the MONTH



VEGETARIAN MADE WITH ORGANIC INGREDIENTS  
MADE WITH NATURAL INGREDIENTS PORK VEGAN

<p>4 <b>1</b> - Mozzarella Sticks  <i>With Whole Wheat Dinner Roll</i> <b>2</b> - Pizza Bagel  <b>3</b> - Egg Salad Plate with 2 Dinner Rolls  <i>All With Oven Baked Fries Kidney Beans Strawberry Cup And Fresh Banana</i></p>	<p>5 <b>1</b> - Homemade Pasta Bolognese  <b>2</b> - Pasta &amp; Broccoli with Garlic &amp; Oil  <b>3</b> - Chicken Caesar Salad  <i>All With Cucumber Coins Fresh Baby Carrots Sliced Peaches And Mango Slices</i></p>	<p>6 <b>1</b> - Grilled Turkey &amp; Bacon Melt <b>2</b> - Pizza Bagel  <b>3</b> - Chicken Caesar Salad  <i>All With Crispy Tator Tots Steamed Peas Mixed Fruit Fresh Apple And David's Chocolate Chip Cookie</i></p>	<p>7 <b>1</b> - Crispy Popcorn Chicken <i>With Whole Wheat Dinner Roll</i> <b>2</b> - Grilled Cheese Sandwich  <b>3</b> - Chicken Caesar Salad  <i>All With Garbanzo Beans Celery Sticks Diced Peaches And Fresh Empire Apple</i></p>	<p>8 <b>1</b> - Cheese Pizza  <b>2</b> - Crispy Bacon Pizza  <b>3</b> - Chicken Caesar Salad  <i>All With Cucumber Coins Celery Sticks 100% Juice Fruit Punch And Fresh Banana</i></p>
<p>11 <b>1</b> - Three Cheese Pizza  <b>2</b> - Veggie Burger  <b>3</b> - Egg Salad Plate with 2 Dinner Rolls  <i>All With Oven Baked Fries Fresh Squash Diced Pear Cup And Watermelon Slices</i></p>	<p>12 <b>1</b> - Crispy Chicken Sandwich <b>2</b> - Bagel Melt  <b>3</b> - Chicken Caesar Salad  <i>All With Green Beans Carrot Dippers Mixed Fruit And Sliced Oranges</i></p>	<p>13 <b>1</b> - Fruity Parfait Yogurt w/ Belly Bears  <b>2</b> - Chicken Nuggets <i>With Whole Wheat Dinner Roll</i> <b>3</b> - Chicken Caesar Salad  <i>All With Celery Sticks Grape Tomatoes Diced Pear Cup Fresh Apple And David's Chocolate</i></p>	<p>14 <b>1</b> - Meatball Hero  <b>2</b> - Grilled Cheese Sandwich  <b>3</b> - Chicken Caesar Salad  <i>All With Mixed Vegetables Grape Tomatoes Diced Peaches And Mango Slices</i></p>	<p>15 <b>1</b> - Cheese Pizza  <b>2</b> - Pepperoni Pizza  <b>3</b> - Chicken Caesar Salad  <i>All With Cucumber Coins Kidney Beans Apple 100% Juice And Fresh Banana</i></p>
<p>18 <b>1</b> - Fruity Parfait Yogurt / Belly Bears  <b>2</b> - Fluffy Whole Grain Waffles <i>With Mozzarella String Cheese</i> <b>3</b> - Egg Salad Plate with 2 Dinner Rolls  <i>All With Crispy Tator Tots Fresh Baby Carrots 100% Orange Juice Blend And Fresh Banana</i></p>	<p>19 <b>1</b> - Burger <b>2</b> - Veggie Burger  <b>3</b> - Crispy Chicken Sandwich <i>All With Garden Salad Fresh Baby Carrots Applesauce Watermelon Slices And Goldfish Crackers</i></p>	<p>20 <b>1</b> - Chicken Nuggets <i>With Whole Wheat Dinner Roll</i> <b>2</b> - Pizza Bagel  <b>3</b> - Chicken Caesar Salad  <i>All With Steamed Carrots Cucumber Coins Diced Pear Cup Sliced Oranges And David's Chocolate Chip Cookie</i></p>	<p>21 <b>1</b> - Cheese Pizza  <b>2</b> - Crispy Bacon Pizza  <b>3</b> - Chicken Caesar Salad  <i>All With Caesar Salad and a variety of fruits and vegetables</i></p>	<p>22 <b>Half Day!</b> <b>Last Day of School!</b> <b>Join us for Breakfast!</b></p>
<p>25</p>	<p>26</p>	<p>27</p>	<p>28</p>	<p>29</p>

Summer Vacation!  
Stay Safe and Eat Healthy!



We are Simply Rooted™ in food and family. Our menus are healthy, nutritious and flavorful, made from wholesome ingredients. We are moving towards phasing out processed foods and instead, offering more all natural, organic or non-GMO options. We also offer gluten and allergen free foods and purchase locally when seasonally available. Check us out at [www.Whitsons.com](http://www.Whitsons.com) or scan our QR code for more information.



**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

\*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.