

# Welcome to our Lunch Cafe @

## Winchester Lynch Elem

# February 2018

Monday

Tuesday

Wednesday

Thursday

Friday



**HARVEST**  
of the  
MONTH



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

<p>5 Cheese Pizza With Sautéed Corn &amp; Black Bean Salsa Or Tuna &amp; Cheese Wrap <i>tuna salad with cheese, lettuce and tomato on a wrap</i> (V) (P) All With Fresh Red Delicious Apple Or Sliced Peaches</p>	<p>6 Pasta Alfredo with Chicken &amp; Broccoli <i>pasta with alfredo sauce, grilled chicken strips and broccoli florets</i> (P) With Caesar Salad And Whole Wheat Dinner Roll Or Buffalo Turkey &amp; Cheese Wrap (P) All With Diced Peaches</p>	<p>7 English Cheddar Burger <i>grilled burger topped with cheddar cheese, sautéed onions, lettuce and tomatoes on a bun</i> (P) With Baked Beans And Potato Chips Or Mexican Salad <i>Salad with beans, corn, sour cream, and salsa</i> (P) All With Mixed Fruit Or Fresh Banana</p>	<p>8 Cheese Pizza (V) (P) With Carrot Sticks And All Natural Light Ranch Dressing Or Egg Salad Sandwich <i>fresh mixed egg salad on assorted bread options</i> (V) (P) All With Dried Cranberries</p>	<p>9 Chicken Tenders <i>crispy chicken tenders perfect for dipping in your favorite sauce</i> With Baked Sweet Potato And Cajun Maple Carrots Or Ham and Cheese Sandwich <i>Ham and Cheese Sandwich</i> (P) All With Fresh Granny Smith Apple Or Mixed Fruit</p>
<p>12 Cheese Pizza <i>fresh whole grain pizza dough topped with marinara sauce, mozzarella and parmesan cheeses</i> With Fiesta Corn Or Turkey Ranch Wrap <i>turkey breast with lettuce, tomato and ranch on a wrap</i> (P) All With Fresh Orange Or Mixed Fruit</p>	<p>13 Chicken &amp; Vegetable Rice Bowl <i>fluffy rice topped with vegetable stir fry and baked chicken</i> (P) With Garden Salad And Whole Wheat Dinner Roll Or American Combo Sandwich (P) (P) All With Sliced Peaches</p>	<p>14 Chicken Caesar Salad <i>fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls</i> (P) With French Onion Soup (P) Or Roast Beef Sandwich <i>thinly sliced roast beef sandwich</i> All With Sliced Peaches Fresh Apple</p>	<p>15 Cheese Pizza (V) (P) With Green Beans Or Ham &amp; Cheese Sushi Roll <i>thinly sliced ham and American cheese rolled up sushi style in whole wheat bread</i> (P) All With Applesauce</p>	<p>16 Pulled Pork Sliders <i>tender pulled pork with barbecue sauce and coleslaw on a soft bun</i> (P) With Peas And Potato Salad (P) Or Bologna Sandwich <i>thinly sliced bologna sandwich</i> (P) All With Dried Cranberries Or Fresh Orange</p>
<p>19 VACATION WEEK  NO SCHOOL</p>	<p>20 VACATION WEEK  NO SCHOOL</p>	<p>21 VACATION WEEK  NO SCHOOL</p>	<p>22 VACATION WEEK  NO SCHOOL</p>	<p>23 VACATION WEEK  NO SCHOOL</p>
<p>26 Cheese Pizza <i>crispy pizza dough topped with tomato sauce and melted cheese</i> (V) (P) With Mixed Vegetables Or Buffalo Chicken Wrap <i>warm chicken marinated in Buffalo sauce wrapped in a tortilla with lettuce and tomato</i> (P) All With Mixed Fruit</p>	<p>27 Grilled Ham and Cheese Sandwich <i>ham and melted cheese on grilled golden brown bread</i> (P) With Tomato Soup And Veggie Dippers Or Chicken Caesar Salad (P) All With Apple Slices</p>	<p>28 Philly Cheese Sandwich <i>beef topped with sautéed peppers, onions and melted cheese on a lightly toasted bun</i> (P) With Baked Beans Or Egg Salad Sandwich <i>fresh mixed egg salad on assorted bread options</i> (V) (P) All With Fresh Empire Apple</p>		

### 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  
Reimb. \$3.25

Reduced	\$0.40
Milk	\$0.75
4 oz Juice	\$0.75
Soy Milk	\$1.50

#### AVAILABLE DAILY

Garden Salad; mixed greens, tomato, cucumber, carrots, LF cheese, LF dressing & dinner roll or Peanut Butter & Jelly Sandwich

#### Lunch Includes:

Choice of Vegetable or Carroteerries, Fresh Assorted Fruit or Cupped Fruit & Milk Choice

Manage your child's account on line, make payments, view account and transactions. Visit [www.myschoolbucks.com](http://www.myschoolbucks.com)

Questions or additional information please contact Food Service Director Trina Scotti @ 781-721-7000 ext. 4242 / 4232

(V) VEGETARIAN (P) MADE WITH ALL NATURAL INGREDIENTS (P) PORK (V) VEGAN (P) 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.