

Welcome to our Lunch Cafe @ Tyngsborough Elementary

August 2017

Monday

Tuesday

Wednesday

Thursday

Friday



1	2	3	4
7	8	9	10
14	15	16	17
21	22	23	24
28	29	30	31

29 Nachos Grande
Or Cheese Pizza
Or Grilled Cheese
All With Garden
SaladCucumber
Mixed Fruit

And Fresh Red Grapes

30 Chicken Nuggets
With Whole Wheat Dinner
Roll
And Oven Baked Fries
Or Bagel with String
Cheese
Or Grilled Cheese
All With Grape
TomatoesDiced Peach
Cup

31 French Toast
With Sausage Patty
Or Beef Hot Dog on Bun
Or Grilled Cheese
All With Tator
TotsVegetarian Baked
Beans
Mixed Fruit

And Banana



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



SIMPLY ROOTED™ in food and family

We are Simply Rooted™ in food and family so our menu options are healthy, nutritious, flavorful, and made from wholesome ingredients. We are working towards phasing out processed foods and instead, offering more all natural, organic and non-GMO options whenever possible. Check us out at www.Whitsons.com.



Lunch Price

Lunch Price \$2.80
Reduced Price \$2.40
Milk / FF Chocolate \$.50
100% Juice \$.50
Please visit www.myschoolbucks.com to monitor your account and to add funds
Water \$.75

Available Daily

Turkey Sandwich or Ham & Cheese on whole wheat roll or Grilled Cheese

Fresh garden salad available daily.Served with a choice of egg or cheese, dressing and a dinner roll.

Lunch includes a choice of fresh fruits and vegetables and a choice of 1% white or fat free chocolate or strawberry milk.If you have any questions or suggestions regarding the menu please call Tracy Demers at 978 649-3671

*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. USDA is an equal opportunity provider, employer, and lender.