

# Welcome to our Lunch Cafe @ Tyngsborough Elementary

September 2017

Monday

Tuesday

Wednesday

Thursday

Friday



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

1  
No School

4  
No School  
Labor Day

5 Meatball Parmesan Sandwich  
With Oven Baked Fries  
Or Pizza Bites  
With Oven Baked Fries  
Or Yogurt, Cereal, Cheese Stick & Roll  
All With Veggie Dippers  
Strawberries  
Cantaloupe

6 Chicken Nuggets  
With Mashed Potatoes  
And Whole Wheat Dinner Roll  
Or Cheeseburger  
All With Glazed Carrots  
Mixed Fruit  
Watermelon Cup

7 Pancakes with Ham  
Or Beef Hot Dog on Bun  
All With Tator Tots  
Caesar Salad  
Fresh Orange  
Apple 100% Juice

8 Cheese Pizza  
Grilled Cheese  
BBQ Chicken Pizza  
Veggie Dippers  
Garden Salad  
Strawberries  
Fresh Red Delicious Apple

11 Burrito  
Chicken Tenders  
All With Mexi Rice  
Corn  
Garden Salad  
Fresh Orange  
Pear and Pineapple Cup

12 Mac & Cheese  
With Garlic  
Bread  
Cheeseburger  
All With Glazed Carrots  
Cucumber  
Cinnamon Applesauce  
Watermelon Cup

13  
Early Release

14 Sausage and Egg Sandwich  
Or Beef Hot Dog on Bun  
All With Tator Tots  
Baked Beans  
100% Juice  
Fruit Punch  
Pineapple Tidbits

15 Stuffed Bread Sticks  
Spaghetti Sauce  
Nachos with Cheese  
Steamed Broccoli  
Garden Salad  
Fresh Red Delicious Apple  
Mixed Fruit

18 Nachos Grande  
With Corn  
And Garden Salad  
Or Crispy Chicken Sandwich  
With Corn  
And Garden Salad  
Or Yogurt, Cereal, Cheese Stick & Roll  
All With Diced Peaches  
Fresh Fruit Cup

19 BBQ Chicken Sliders  
Or Pizza Bites  
All With Carrot Sticks  
Broccoli Florets  
Fresh Red Delicious Apple  
Honeydew and Cantaloupe Cup

20 Homemade Pasta and Meat Sauce  
With Garlic Bread  
Or Bagel with String Cheese  
Or Cheeseburger  
All With Cucumber Coins  
Red Pepper Strips  
Fresh Red Grapes  
Pear and Pineapple Cup

21 Waffles with Ham  
Beef Hot Dog on Bun  
Tator Tots  
Baked Beans  
Cucumber Coins  
Diced Peach Cup  
Cinnamon Applesauce

22 Cheese Pizza  
Or Pepperoni Pizza  
Or Nachos with Cheese  
All With Spinach  
Salad  
Carrot Sticks  
Cinnamon Applesauce  
Melon Cup

25 Crispy Tacos  
Yogurt, Cereal, Cheese Stick & Roll  
Chicken Tenders  
Mexi Rice  
Peas  
Salsa  
Pear and Pineapple Cup  
Fresh Fruit Cup

26 Meatball Parmesan Sandwich  
Mozzarella Sticks  
Garden Salad  
Cucumber  
Mixed Fruit  
Fresh Red Grapes

27 Popcorn Chicken  
Whole Wheat Dinner Roll  
Bacon Cheeseburger  
Mashed Potatoes  
Mixed Vegetables  
Diced Peaches  
Watermelon Cup

28 French Toast  
Scrambled Eggs with Cheese  
Beef Hot Dog on Bun  
Hash Browns  
Apple Slices  
Fresh Orange

29 Stuffed Bread Sticks  
Grilled Cheese  
Oven Baked Fries  
Steamed Broccoli  
Sliced Pears  
Fresh Fruit Cup

At Whitsons, we know that good nutrition fuels students for optimal performance, both mentally and physically. We work hard to make sure all of our menus are healthy, nutritious and taste good. To learn more about nutrition related to athletics, visit us at [www.Whitsons.com](http://www.Whitsons.com)



or scan our QR code to see all that we are doing to keep our young customers healthy!



Lunch Price

Lunch Price \$2.80

Reduced Price \$.40

Milk/ FF Chocolate \$.50

100% Juice \$.50

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

\*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.