

DID YOU KNOW...

All products sourced by Whitsons contain Zero Trans Fats. ●The majority of the food sourced by Whitsons contain; No HFCS & No Artificial Flavors, Colors or Sweeteners, and we continue to work on this initiative. ● All milk and chicken products are hormone and antibiotic free. ●Meats, condiments and cheeses are all lean or low fat. ● All entrees contain between 500-900 mg of sodium. ● We offer whole grain pastas, rice and bread products.

LUNCH PRICES

Type A Lunch Price	\$3.00
St. Joseph & Sacred Heart	\$3.10
Reduced Lunch Price	\$0.40
Milk/Chocolate Milk	\$0.70
Adult Lunch Price	\$4.50

LUNCH INCLUDES

Skim Milk, 1 % Milk or Skim Chocolate Milk, 1% Strawberry Milk/ 100% Juice/ Vegetable Choice/ Fruit Choice

AVAILABLE DAILY

Whole Grain Bagel w/Butter or Low Fat Cream Cheese / Low Fat American Cheese Sandwich / Peanut Butter & Jelly Sandwich / Salad Plate/Fresh Veggie Sticks w/ Low-fat Yogurt

Above Lunches Include: Vegetable choice, Fruit choice, Low Fat Milk & Low Fat Mozzarella Cheese

SENSIBLE SNACKS CONTAIN

Fat=7g or less - Sat Fat=2g or less
Sodium=360mg or less - Sugar=15g or less

WE OFFER BREAKFAST DAILY

Don't forget to stop by the café for breakfast

Bagels, Assorted Muffins & Cereals, Fruit & Juice. Hot Breakfast served on Tuesdays and Thursdays.

V =vegetarian ● =healthier choice ● P=pork

- If you have a food allergy, please speak to your Food Service Director or Lead Server.
- Consuming raw or undercooked 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.
- If you have any questions or would like additional information regarding this menu, please contact your food service director **Gus Travassos 978.374.3416**

Menus are subject to Change. Advance notice will be given when possible.



Warm up your winter with heart healthy foods that are kind to your waistline and your taste-buds. Why not try warm oat meal topped with fruit for breakfast or grilled salmon with dill sauce for lunch.

**Haverhill Public Schools
Elementary Menu
JANUARY 2012**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	3 Hamburger or Cheeseburger on a Whole Wheat Bun Baked Beans Steamed Carrots Fresh Fruit/Fruit Cup	4 Free Cookie Day Super Beef Nachos w/ Diced Tomatoes Cheddar Cheese & Salsa Steamed Corn Fresh Fruit/Fruit Cup	5 Lucky Tray Day Popcorn Chicken w/ dipping sauce Baked Potato Wedges Steamed Green Beans Fresh Fruit/Fruit Cup	6 V Pizza w/Low-fat Mozzarella Cheese Romaine Garden Salad Fresh Fruit/Fruit Cup
	9 Baked Chicken Nuggets w/dipping sauce Whole Wheat Dinner Roll Sweet Peas Fresh Fruit/Fruit Cup	10 Free Cookie Day Soft or Hard Shell Tacos, Mexi Beef, Diced Tomato and cheese Steamed Green Beans Fresh Fruit/Fruit Cup	11 Hot Dog on a Whole Wheat Bun Baked Potato Wedges Garden Salad Fresh Fruit/Fruit Cup	12 Lucky Tray Day Breaded Chicken Pattie on a Wheat Roll Steamed Carrots Baked Vegetarian Beans Fresh Fruit/Fruit Cup
	17 Free Cookie Day Pasta with Meat Sauce Crispy Whole Wheat Garlic Bread Steamed Green Beans Fresh Fruit/Fruit Cup	18 1. Baked Meatball Sub topped w/Low-fat Mozzarella 2. Cheeseburger w/tator tots Steamed Sweet Peas Fresh Fruit/Fruit Cup	19 Lucky Tray Day 1 Baked Macaroni and Cheese w/Dinner Roll 2. Chicken Pattie on a Wheat Roll w/ Tator Tots Steamed Broccoli Fresh Fruit/Fruit Cup	20 V Pizza w/Low-fat Mozzarella Cheese Romaine Garden Salad Fresh Fruit/Fruit Cup
	23 Free Cookie Day P 1. BBQ Rib Pattie on a Soft Roll 2. Chicken Nuggets w/ dipping sauce. Steamed Corn Fresh Fruit/ Fruit Cup	24 Hamburger or Cheeseburger on a Whole Wheat Bun Steamed Green Beans Fresh Fruit/Fruit Cup	25 Half Day Pancakes topped with Strawberries & Warm-Syrup Sausage Links Fresh Fruit/Fruit Cup	26 Lucky Tray Day Popcorn Chicken w/ dipping sauce Baked Potato Wedges Sweet Peas Fresh Fruit/Fruit Cup
30 1 Baked Macaroni and Cheese w/Dinner Roll 2. Chicken Pattie on a Wheat Roll w/ Tator Tots Steamed Cauliflower Fresh Fruit/Fruit Cup	31 Soft or Hard Shell Tacos, Mexi Beef, Diced Tomato and cheese Steamed Green Beans Fresh Fruit/Fruit Cup			



WE PURCHASE LOCALLY!
Produce is purchased through regional suppliers when seasonally available. Visit our website to see all that we are doing to help save the environment! www.Whitsons.com



Visit Our Virtual Cafeteria!
Take a tour of our virtual cafe! Drag and drop meal components onto your tray and see nutritional information including; allergens, nutrition facts, etc. www.Whitsons.com/Nutrition

Have Allergies to Gluten, Casein or Soy?
Check out NuLife Foods! They offer great tasting, GFCFSF foods that help people with food sensitivities to be free. Items are available right in your cafeteria!
www.NuLifeFoods.com