

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 PRICE

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

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**

The Haverhill Public Schools is an equal opportunity employer which actively seeks to increase diversity in its workforce and does not discriminate on the basis of race, color, religion, national origin, gender, sexual orientation, or disability in admission to, employment in, or treatment in its programs and activities. The Haverhill Public Schools is committed to maintaining a harassment free environment.



Jillian celebrates National Salad month. It's her favorite time of year to come up with new veggie recipes. Here are some tips on how to serve your veggies: grilled veggie kebobs, veggies with low fat dip, veggie soups and baked potatoes with broccoli and cheese.

**Haverhill Public Schools
 Elementary Menu
 MAY 2012**


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Baked Chicken Nuggets w/dipping sauce Steamed Rice Steamed Green Beans Fresh Fruit/Fruit Cup	2 Free Cookie Day Spaghetti w/Meat Balls Whole Wheat Dinner Roll Steamed Carrots Fresh Fruit/Fruit Cup	3 Choice of Hamburger or Cheeseburger on a Whole Wheat Bun Baked Beans Steamed Broccolini Fresh Fruit/Fruit Cup	4 🍎 V Pizza w/Low-fat Mozzarella Cheese Mixed Greens Salad w/dressing Fresh Fruit/Fruit Cup
	7 Hot Dog on a Whole Wheat Bun Corn-on-the-Cob Baked Vegetarian Beans Fresh Fruit/Fruit Cup	8 🍎 Caesar Salad w/ Seasoned Chicken Strips Whole Wheat Dinner Roll Fresh Fruit /Fruit Cup	9 P BBQ Rib Pattie on a Soft Roll Steamed Green Beans Fresh Fruit/ Fruit Cup	10 Lucky Tray Day Baked Meatball Sub topped w/Low-fat Mozzarella cheese Steamed Sweet Peas Fresh Fruit/Fruit Cup
14 🍎 V Grilled Cheese Sandwich on Whole Wheat Tomato Soup Steamed Green Beans Fresh Fruit/Fruit Cup	15 Chicken Pattie on a Whole Wheat Roll Steamed Broccolini Fresh Fruit/Fruit Cup	16 Brunch For Lunch 🍎 Whole Wheat French Toast Sticks w/Warm Syrup Turkey Sausage Links Veggie Sticks w/dip Fresh Fruit/Fruit Cup	17 Turkey Bacon Cheeseburger on a Whole Wheat Bun Baked Beans Steamed Carrots Fresh Fruit/Fruit Cup	18 🍎 V Pizza w/Low-fat Mozzarella Cheese Mixed Greens Salad w/dressing Fresh Fruit/Fruit Cup
21 Baked Meatball Sub topped w/Low-fat Mozzarella cheese Steamed Sweet Peas Fresh Fruit/Fruit Cup	22 Free Cookie Day Chicken Fajitas w/ Cheddar Cheese on a Whole Wheat Wrap Rice & Beans Steamed Carrots Fresh Fruit /Fruit Cup	23 Super Beef Nachos w/ Diced Tomatoes Cheddar Cheese, Salsa, Sour Cream, Refried Beans Steamed Corn Fresh Fruit/Fruit Cup	24 Hot Dog on a Whole Wheat Bun Baked Vegetarian Beans Steamed Green Beans Fresh Fruit/Fruit Cup	25 🍎 V Pizza w/Low-fat Mozzarella Cheese Mixed Greens Salad w/dressing Fresh Fruit/Fruit Cup
	29 Spaghetti w/Meat Balls Whole Wheat Dinner Roll Steamed Carrots Fresh Fruit/Fruit Cup	30 Brunch For Lunch Whole Wheat Bagel With Sausage Patty & Cheese Tator Tots Veggie Sticks w/Dip Fresh Fruit/Fruit Cup	31 Lucky Tray Day Chef's Choice Entrée Steamed or Fresh-Vegetable Fresh Fruit/Fruit Cup	The Veggie of the month is BROCCOLINI



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. Certain items are available right in your cafeteria!
 www.NuLifeFoods.com