Haverhill Elementary Schools

LUNCH May 2013

Did you know... Our menus represent the most healthy, nutritious, wholesome and flavorful food, made from the best ingredients available. We utilize regional, seasonal & sustainable food whenever possible. All of our purchases contain zero trans fats, unless naturally occurring. The majority of the food sourced by Whitsons contains: No HFCS & No Artificial Flavors, Colors or Sweeteners, and we continue to work on this initiative. Our milk is rBGH free, fat-free or 1% and contains no high fructose corn syrup. We source chickens that are raised without the use of non-therapeutic antibiotics. Our meats, condiments and cheeses are all lean or low fat. Most entrees contain between 500-900 mg of sodium. We also always offer whole grain pastas, rice and bread products. All of our menus meet or exceed the Healthy Hunger Free Kids Act Standards.

A different fresh fruit & vegetable are served everyday which includes dark green and orange vegetables & at least 2 different fruits.

LUNCH PRICES

Reimbursable Lunch Price	$3.00
Saint Joseph's & Sacred Heart	$3.10
Reduced Lunch Price	$0.40
Milk	$0.70
Adult Lunch	$4.50

LUNCH INCLUDES

Skim Milk, 1% Milk or Fat Free Flavored Milk / Fresh Seasonal Fruit, & Assorted Fruit Cups

AVAILABLE DAILY

Assorted Daily Sandwich on WW Bread with choice of deli meat and LF American Cheese

Turkey - Ham - Tuna

Bagel Lunch

Whole Wheat Bagel, Cheese & Low Fat Yogurt

Healthy Coice Salad

Garden Salad w/Cheese and Dinner Rolls and LF Dressing

. If you have any questions or would like additional information regarding this menu please contact your Food Service Director: Gus Travassos @ 978-374-3416

MANAGE YOUR CHILD'S ACCOUNT ONLINE

- Make Payments
- View account balances/transaction history

Visit www.mylunchmoney.com today to start making payments

V Vegetarian — Healthier Choice — P Pork

Vegetable Of The Month: Spinach

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Please see other side of menu for other menu options.		1 French Toast Sticks w/ Sausage Syrup Baked Tater Tots Celery Sticks Mixed Fruit Apple	2 Meatball Parmesan Hero Spinach Salad Sweet Potato Fries Mixed Fruit Banana	3 Cheese Pizza Slice Garden Side Salad Tomato Salad Mixed Fruit Diced Pears
6 Hot Dog on a Bun Vegetarian Beans Sweet Potato Fries Diced Pears Apple Emme is as sweet as the fries!!!	7 BLT Cheeseburger P Steamed Carrots Corn Cobbettes Mixed Fruit Banana If you eat your fruits and veggies, you can play basketball like Emme.	8 Pasta w/ Beef Meatballs Dinner Roll Green Beans Spinach Salad By eating pasta Emme has the energy to swim as fast as her fish.	9 Crispy Chicken Sandwich Cucumber Coins Broccoli Mixed Fruit Fresh Pear Emme plays the piano as crisp as the chicken pattie.	10 Cheese Pizza Slice Tomato Salad Garden Salad Mixed Fruit Fresh Orange Slices Hooray!!! It's Emme's Pizza Party Day. Enjoy.
13 Chicken Nuggets Sweet & Sour Sauce Dinner Roll Steamed Carrots Broccoli Mixed Fruit Fresh Pear	14 Italian Hoagie Green Beans Three Bean Salad Mixed Fruit Banana	15 Fluffy Waffles w/ Ham Syrup Baked Tater Tots Celery Sticks Mixed Fruit Apple	16 Pasta w/ Beef Meatballs Dinner Roll Tomato Salad Peas Mixed Fruit Orange	17 Cheese Pizza Slice Spinach Salad Corn Mixed Fruit Fresh Orange Slices
20 Chicken Nuggets Sweet & Sour Sauce Dinner Roll Steamed Carrots Peas Fresh Fruit Cup Banana	21 Grilled Cheese Sandwich V Sweet Potato Fries Broccoli Mixed Fruit Orange	22 Cheesy Nachos w/ Pico de Gallo V Red Beans & Rice Mixed Fruit Banana Green Beans	23 Beef Burger* Baked Tater Tots Garbanzo Bean & Spinach Salad Mixed Fruit Orange Corn	24 Cheese Pizza Slice Romaine Lettuce Green Beans Mixed Fruit Orange
27 Memorial Day No School	28 Popcorn Chicken Sweet & Sour Sauce Dinner Roll Green Beans Broccoli Mixed Fruit Orange	29 Pasta w/ Beef Meatballs Steamed Carrots Peas Mixed Fruit Apple	30 Turkey Hot Dog on WW Bun Sweet Potato Fries Vegetarian Beans Mixed Fruit Banana	31 Cheese Pizza Slice Spinach Salad Tomato Salad Mixed Fruit Orange

Greenleaf Cuisine — **WE PURCHASE LOCALLY!** Produce is purchased through regional suppliers when seasonally available.

NuLife — **DOES YOUR CHILD HAVE A FOOD ALLERGY?** Please notify your food service director to discuss all possible meal accommodations. We can provide (individually packaged) certified gluten free meals from NuLife Foods right in your cafeteria!

WHITSONS

*****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.