



Welcome to our Lunch Cafe

Haverhill Elementary Schools

October 2021

The USDA has approved FREE breakfast and lunch for all students attending schools on the NSLP/SBP for the 2021-2022 school year. Menu selections may vary from those on the menu due to the COVID related impact on production, distribution and delivery.

Monday

Tuesday

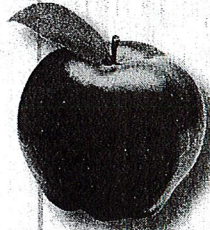
Wednesday



Thursday

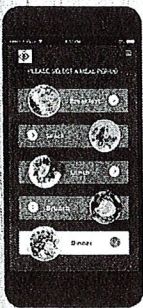
Friday

HARVEST of the MONTH

Whitsons proudly supports clean, sustainable agriculture! We also focus on using ingredients that are locally sourced, all-natural, organic and non-GMO whenever possible.



<p>4 Mozzarella Sticks Spaghetti Sauce Green Peas Mixed Vegetables Mixed Fruit Fresh Apple</p> 	<p>5 Crispy Chicken Sandwich Cucumber Coins Sweet Potato Fries Sliced Pears Fresh Orange</p>	<p>6 Cheeseburger Sweet Potato Fries Cucumber Coins Apple Slices Fresh Orange</p>	<p>7 BBQ Pulled Pork Corn Muffin Bowl Chickpea Salad Cole Slaw Diced Peaches Mixed Fruit</p>	<p>1 Cheese Pizza Steamed Broccoli Garden Salad Diced Pear Cup Fresh Apple</p>
<p>11</p>	<p>12 Chicken Parm "Poppers" Over Pasta Steamed Carrots Cucumber Coins Fresh Red Delicious Apple Applesauce</p>	<p>13 Chicken Nuggets Sweet Potato Fries Green Beans Diced Pear Cup Fresh Orange</p> 	<p>14 Nachos Grande Baked Beans Sweet Corn Fresh Apple Mixed Fruit</p>	<p>15 Cheese Pizza Garden Salad Steamed Broccoli Sliced Pears Fresh Golden Delicious Apple</p>
<p>18 Cinnamon French Toast Homemade Caramelized Apples Pineapple Cup Crispy Potato Puffs Celery</p>	<p>19 Bacon, Egg and Cheese Breakfast Sandwich Baby Carrots Cucumber Coins Mixed Fruit Fresh Orange</p>	<p>20 Cheeseburger Mac & Cheese Baby Carrots Green Bean Salad Applesauce Sliced Pears</p>	<p>21 Soft Tacos Iceberg Lettuce Black Beans Sliced Oranges Diced Peaches</p>	<p>22 Cheese Pizza Garden Salad Steamed Broccoli Sliced Pears Fresh Golden Delicious Apple</p>
<p>25 Homemade Baked Pasta with Cheese Sweet Corn Baby Carrots Mixed Fruit</p>	<p>26 Pizzadilla Quesadilla Glazed Carrots Cucumber Coins Fresh Red Delicious Apple Diced Peaches</p>	<p>27 EARLY RELEASE</p>	<p>28 Classic Beef Burger Baked Beans Green Beans Mixed Fruit</p>	<p>29 Cheese Pizza Caesar Salad Steamed Broccoli Sliced Pears Fresh Apple</p>



Whitsons is Simply Rooted® in food and family, and our menus are nutritious and flavorful. Check out our mobile menu at www.FDMealPlanner.com or download FD MealPlanner free of charge, from the App Store or Google Play, and view your menu on your mobile device anywhere.



All Breakfast and Lunch Meals are "FREE" to all Students

The Haverhill Public Schools are an EEO



Lunch Includes:

Skim Milk, 1% or Fat Free Chocolate & Assorted Fruit

Available Daily:

Assorted Daily Sandwich on WW Bread, your choice of Chicken

Salad, Turkey, or Ham with LF American Cheese

Bagel Fun Lunch:

WW Bagel, Cheese & Low Fat Yogurt, Carrots & Fruit

Healthy Choice Salad:

Fresh Garden Salad w/ Cheese or Chicken

WW Dinner Roll and LF Dressing

*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. This institution is an equal opportunity provider.