

**September 2021**

# Welcome to our Lunch Cafe



# Haverhill Middle School

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

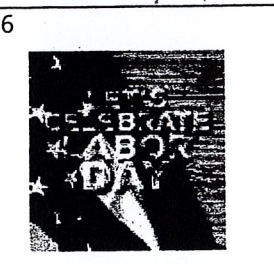
## Friday



### 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.

1 Beef Hot Dog on Bun Baked Beans Oven Baked Fries Fresh Golden Delicious Apple Sliced Peaches	2 Barbecue Rib Sandwich Homemade Deli Style Coleslaw Steamed Broccoli Mixed Fruit Fresh Apple	3 EARLY RELEASE
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6	7 Baked Chicken Tenders Sweet Potato Fries Green Bean Salad Diced Peaches Fresh Pear
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8 Famous Chili Cheese Fries Baby Carrots Fresh Apple Fresh Orange
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9 Chicken Bowl with Gravy Mixed Vegetables Sliced Peas Apple Slices
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10 Homemade Pasta & Meat Sauce Garden Salad Diced Peaches Mixed Fruit
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13 Grilled Cheese Sandwich Tomato Soup Oven Baked Fries Apple Slices Mixed Fruit
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14 Chicken and Waffles Oven Baked Fries Mixed Vegetables Sliced Peas Apple Slices
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15 Bacon, Egg and Cheese Breakfast Sandwich Crispy Potato Puffs Cucumber Coins Sliced Peaches Fresh Apple Fresh Orange
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16 Nachos Grande Fiesta Corn Mixed Fruit Applesauce
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17 Pepperoni and Cheese Stromboli Fresh Red Delicious Apple Steamed Broccoli Garden Salad Sliced Peaches
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20 Homemade Baked Pasta with Cheese Green Peas Garden Salad Sliced Peas Fresh Orange
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21 Pulled Pork Sliders Oven Baked Fries Homemade Deli Style Coleslaw Fresh Red Delicious Apple Diced Peaches
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22 General Tso's Chicken Rice Bowl Garden Salad Strawberry Cup Whipped Cream Fresh Apple
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23 Buffalo Chicken and Cheese Quesadilla Mexican Style Black Beans Baby Carrots Fresh Orange Diced Pear Cup
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24 Crispy Popcorn Chicken Baked Potato Wedges Garden Salad Sliced Peas Fresh Orange
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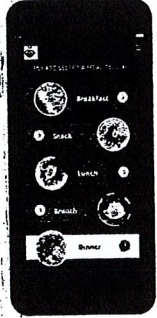
27 Cinnamon French Toast Crispy Potato Puffs Sauteed Cinnamon Apple Slices Fresh Pear
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28 BLT Burger Baked Potato Wedges Baked Beans Diced Peaches Fresh Red Delicious Apple
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29 EARLY RELEASE
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30 Mission Burrito Confetti Garbanzo Bean Salad Fresh Red Delicious Apple Diced Pear Cup
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**FUEL**



Whitsons is Simply Rooted® in food and family, and our menus are nutritious and flavorful. Check out our mobile menu at [www.FDMealPlanner.com](http://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.



Haverhill Public School is an EEO Employer

- Vegetarian
- Made With Natural Ingredients
- Pork
- Smart
- Made With Organic Ingredients

Lunch Includes:  
Skim Milk, 1% Milk, Skim Chocolate Milk, Vegetables, Assorted Fruit

Alternate Middle School Menu Available Daily:  
Pizza: Plain, Pepperoni  
Hamburgers, Cheeseburgers, Chicken Patties  
Garden Salad with Cheese or Turkey & Dinner Roll  
Assorted Sandwiches: Ham, Turkey, Chicken Salad  
Egg Salad, Italian American

\*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.