

# Nutrition Message

The weather is starting to change and fall is finally here! Now that you can't go outside as much, there are many activities you can do inside, by yourself or with friends. Try yoga! This great activity can help improve blood flow as well as increase your overall health & flexibility. It is important to make exercising a big part of your every day, but don't forget to stretch before you start!



**LUNCH PRICES:**  
 Type A Lunch Price \$2.35  
 Reduced Lunch Price \$1.40  
 Adult Lunch \$3.50 plus tax

# Haverhill Public Schools Elementary Menu



**DAILY LUNCH ALTERNATES**  
 (V) Peanut Butter & Jelly on Wheat  
 (V) Low-fat Cheese Sandwich on Wheat Bread  
 (V) Bagel with Cheese  
*Bagel lunch is served with choice of a vegetable, milk, fruit and protein.*






**DAILY HEALTHIER CHOICE**  
 (V) Flavored Yogurt  
 Served with low-fat cheese stick, breadstick, fresh vegetable, fruit  
 Garden Salad  
 Mixed Greens with Tomato, Cucumber, All Natural Dressing  
 Served with Low-fat Cheese and a Whole Wheat Dinner Roll

**ALL STUDENT LUNCHES INCLUDE**  
 Choice of Skim Milk, 2% Milk or Low Fat Flavored Milk; Vegetable Choice or Salad Selection; Bread Choice; Fruit Choice

**PREPAID LUNCHES AVAILABLE**  
 Please bring your check with child's name clearly written, made payable to the "Haverhill School Lunch Fund"

**QUESTIONS OR COMMENTS**  
 About the Food Service Program? Please call the Food Service Manager at 978-374-3416

*Menu analyzed by a Registered Dietician, Gina Brienza, RD, CDN. Menu is subject to change. Notice will be posted when possible*

Monday	Tuesday	Wednesday	Thursday	Friday
 1 Spinach Salad w/ Hard Boiled Egg and Breadstick OR Super Beef Nachos Celery and Carrot Sticks w/ Ranch Dressing Fresh Fruit/Fruit Cup	2 Greek Salad w/ Cheese and Breadstick OR Baked Chicken Patty on Whole Wheat Roll Green Peas Fresh Fruit/Fruit Cup	3 Jillian's Veggie Resolutions Jillian's Garden Salad w/ Cheese & Breadstick OR Whole Wheat Pizza w/ Low-fat Mozzarella Cheese Fresh Vegetables w/ Dip Fresh Fruit/Fruit Cup	4 <b>NO SCHOOL</b> <b>LABOR DAY RECESS</b> 	
7 <b>NO SCHOOL</b> <b>LABOR DAY</b>	8 Caesar Salad w/ Cheese and Breadstick OR Baked Meatball Grinder on a Wheat Roll Steamed Green Beans Fresh Fruit/Fruit Cup	9 Pasta Salad w/ Garden Vegetables and Cheese OR Baked Whole Grain Pasta w/ Marinara Sauce and Meatballs Garlic Breadstick Fresh Carrots Fresh Fruit/Fruit Cup	10 Mini Chef Salad with Breadstick OR BBQ Beef Rib on a Whole Wheat Bun Steamed Corn Cobbett Fresh Fruit/Fruit Cup	11 Cottage Cheese w/ Fruit And Roll OR Cheese or (P) Pepperoni Pizza w/ Low-fat Mozzarella Cheese Broccoli Florets Fresh Fruit/Fruit Cup
14 Tuna Salad Plate with Breadstick OR Turkey Sloppy Joe on a Whole Wheat Bun Baked Beans Fresh Fruit/Fruit Cup	15 <b>PRIMARY ELECTION DAY</b> <b>NO SCHOOL</b> 	16 Greek Salad w/ Cheese and Breadstick OR Tex-Mex Diced Chicken w/ Spanish Rice Fresh Baby Carrots Fresh Fruit/Fruit Cup	17 Garden Salad w/ Cheese and Breadstick OR Baked Chicken Tenders w/ Spanish Rice Steamed Peas Fresh Fruit/Fruit Cup	18 Mozzarella and Tomato Salad w/ Breadstick OR (V) Whole Wheat Pizza Wedge w/ Low-fat Mozzarella Cheese Steamed Carrots Fresh Fruit/Fruit Cup
21 Caesar Salad with Cheese and Breadstick OR Baked Whole Grain Pasta w/ Marinara Sauce and Meatballs Garlic Bread Fresh Carrots Fresh Fruit/Fruit Cup	22 <b>Brunch For Lunch</b> (V) French Toast Sticks w/ (P) Sausage, Tator Tots, Syrup, Orange Juice OR Spinach Salad w/ Hard Boiled Egg and Breadstick Fresh Fruit/Fruit Cup	23 Pasta Salad w/ Garden Vegetables and Cheese OR Chicken Noodle Soup and Grilled Cheese on Whole Wheat Bread Steamed Corn Fresh Fruit/Fruit Cup	24 Mini Chef Salad w/ Breadstick OR Foot Long Beef Hot Dog on a Whole Wheat Bun Fresh Baby Carrots Fresh Fruit/Fruit Cup	25 Cottage Cheese w/ Fruit And Roll OR (V) Whole Wheat Pizza Wedge w/ Low-fat Mozzarella Cheese Steamed Broccoli Fresh Fruit/Fruit Cup
28 Tuna Salad Plate with Breadstick OR Hamburger or Cheeseburger on a Wheat Bun Baked Beans Fresh Fruit/Fruit Cup	29 Spinach Salad w/ Hard Boiled Egg and Breadstick OR Diced Turkey w/ Gravy Wheat Bread Mashed Potatoes Fresh Fruit/Fruit Cup	30 Greek Salad w/ Cheese and Breadstick OR Baked Chicken Tenders w/ Spanish Rice Steamed Broccoli Fresh Fruit/Fruit Cup	 	

**DID YOU KNOW**  
 All our Milk & Chicken Products are Antibiotic and Hormone free!  
 All Products in our program have Zero Trans Fats!  
 Breads & Bread Products are 100% Whole Grain and contain No High Fructose Corn Syrup or Hydrogenated Oils!  
 We Serve a 100% all Natural Yogurt, with No Artificial Ingredients.  
 All Dressings are All Natural, with No Artificial Ingredients & No High Fructose Corn Syrup!  
 Our Ketchup is High Fructose Corn Syrup Free!  
 We offer Only Low Fat Cheeses and Condiments!  
 Vegetables are always & crisp!  
 Unless otherwise indicated all of our Pasta is Whole Grain Barilla brand!  
 Our Taco Shells and Tortilla Chips are Free of any Hydrogenated Oils.

Check out what we are doing to help save the environment. Visit [www.Whitsons.com](http://www.Whitsons.com)



*\*Consuming raw or undercooked meats, fish, shellfish or fresh shell eggs may increase your risk of food borne illness, especially if you have certain medical conditions. +This item can be cooked to your liking.*

V=VEGETARIAN SELECTION    🍎 =HEALTHIER CHOICE    P=PORK PRODUCT