

Welcome to our Lunch Cafe at...

North Middlesex Ashby Elementary

April 2019

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday

1 Cheese Quesadilla
Fiesta Corn
Chicken Nuggets
Whole Wheat Dinner Roll
Grilled Cheese Sandwich

Not-A-Nut Butter & Jelly Sandwich
Fresh Baby Carrots
Dried Cranberries
Fresh Empire Apple

2 Sloppy Joe on a Bun
Baked Potato Wedges
Cheese Pizza
Grilled Cheese Sandwich

Garden Salad
Diced Pear Cup
Apple Slices

3 Homemade Baked Pasta with Cheese
Green Beans
Garlic Bread
Chicken Nuggets
Grilled Cheese Sandwich

Celery
Sliced Peaches
Applesauce

4 Whole Grain Pancakes with Sausage
Orange Glazed Carrots
Cheese Pizza
Grilled Cheese Sandwich

Cucumber Coins
Kidney Beans
Cinnamon Applesauce
Fresh Banana
International Carrot Day
BRUNCH FOR LUNCH TODAY!

5 Pepperoni Pizza
Cheese Pizza
Mixed Vegetables
Garden Salad
Chicken Nuggets
Whole Wheat Dinner Roll
Grilled Cheese Sandwich

Fresh Apple
Mixed Fruit

8 Mozzarella Sticks
Sweet Corn
Chicken Nuggets
Whole Wheat Dinner Roll
Grilled Cheese Sandwich

Not-A-Nut Butter & Jelly Sandwich
Fresh Baby Carrots
Fresh Empire Apple
Dried Cranberries

9 Chicken Nuggets
Beef Hot Dog on Bun
Cheese Pizza
Grilled Cheese Sandwich

All With Oven Baked Fries
Garden Salad
Diced Pear Cup
Sliced Oranges

Red Sox Opening Day Shaped Nuggets!

10 BBQ Chicken
Brown Rice
Steamed Broccoli
Chicken Nuggets
Whole Wheat Dinner Roll
Grilled Cheese Sandwich

Red Pepper Strips
Sliced Peaches
Applesauce

11 Ham & Cheese Bagel Melt

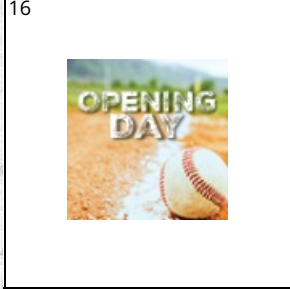
Baked Potato Wedges
Orange Glazed Carrots
Cheese Pizza
Grilled Cheese Sandwich

Cucumber Coins
Garbanzo Beans
Blueberries
100% Juice Fruit Punch
BRUNCH FOR LUNCH TODAY!

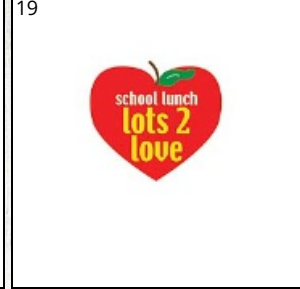
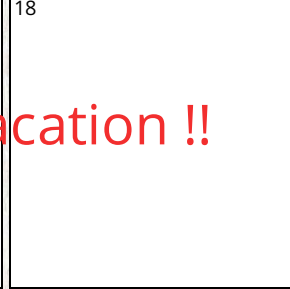
12 Pepperoni Pizza
Cheese Pizza
Corn Cobettes
Chicken Nuggets
Whole Wheat Dinner Roll
Grilled Cheese Sandwich

Mixed Fruit
Fresh Empire Apple
"National Grilled Cheese Day"
Easter Egg Give Away

15 **Spaulding Elementary is Celebrating Snack Week April 8th. Chef Sandmann will be serving Apple Cinnamon Smoothies on April 11.**



17 **Spring Vacation !!**



22 Bread Sticks
Tomato Sauce
Corn
Chicken Nuggets
Whole Wheat Dinner Roll
Grilled Cheese Sandwich

Not-A-Nut Butter & Jelly Sandwich
Fresh Baby Carrots
Dried Cranberries
Fresh Orange

23 Chicken & Vegetable Rice Bowl
Cheese Pizza
Grilled Cheese Sandwich

Garden Salad
Grape Tomatoes
Fresh Empire Apple
Diced Pear Cup

IT'S STUDENT APPRECIATION DAY *Fortune Cookie with every Rice Bowl*

24 Cheese Ravioli with Tomato Sauce
Steamed Peas
Garlic Bread
Chicken Nuggets
Whole Wheat Dinner Roll
Grilled Cheese Sandwich

Celery
Applesauce
Sliced Peaches

25 Whole Grain Waffles with Sausage
Glazed Carrots
Cheese Pizza
Grilled Cheese Sandwich

Cinnamon & Honey Roasted Beans
Cucumber Coins
Cinnamon Applesauce
Fresh Banana
BRUNCH FOR LUNCH TODAY!

26 Pepperoni Pizza
Cheese Pizza
Chicken Nuggets
Mixed Vegetables
With Whole Wheat Dinner Roll
Grilled Cheese Sandwich

Mixed Fruit
Strawberry Cup

29 **MEATLESS MONDAY**
Homemade Mac & Cheese
Buttered Corn
Chicken Nuggets
Whole Wheat Dinner Roll
Grilled Cheese Sandwich

Fresh Baby Carrots
Not-A-Nut Butter & Jelly Sandwich
Mixed Fruit
Fresh Empire Apple

30 Crispy Chicken Sandwich
Oven Baked Fries
Grilled Cheese Sandwich

Cheese Pizza
Garden Salad
Grape Tomatoes
Sliced Pears
Fresh Empire Apple

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.



Lunch Prices: Students \$3.00
Reduced: \$0.40 Adult: \$3.85
Visit: www.myschoolbucks.com
or send in a check made out to NMRSD School Lunch
Lunch Includes:
Skim or Fat Free Chocolate Milk,
Seasonal Fresh or Cupped Fruit
Raw or Steamed Vegetable or Salad Cup
All Meals include a Protein & Grain
Assorted Condiments Available Daily

Available Selections Daily
- Healthy Choice Salad; a bed of mixed greens, grape tomatoes, sliced cucumber, shredded carrots and topped with shredded cheese, Served with 2 dinner rolls.
- Chicken Caesar Salad; fresh cut romaine lettuce topped with breaded chicken, Parmesan cheese and croutons.
- Sliced Turkey and Cheese or Ham and Cheese served on a whole wheat wrap.
- Chicken Caesar Wraps to Go
- Chicken Nuggets served w/1 dinner roll

At Whitsons, we know that good nutrition fuels students for optimal performance, both mentally and physically. We work hard to make sure all of our menus are healthy, nutritious and taste good. To learn more visit us at www.Whitsons.com or scan our QR code to see all that we are doing to keep our young customers healthy!



VEGETARIAN MADE WITH NATURAL INGREDIENTS PORK MADE WITH ORGANIC INGREDIENTS

*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.