

Welcome to our Lunch Cafe at...

North Middlesex Ashby Elementary

June 2019

MEATLESS MONDAY

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>3 Mozzarella Sticks ✓ Bread Sticks ✓ Tomato Sauce Sweet Corn Chicken Nuggets Whole Wheat Dinner Roll Grilled Cheese Sandwich ✓ Not-A-Nut Butter & Jelly Sandwich ✓ Fresh Baby Carrots Fresh Empire Apple</p>	<p>4 Whole Grain Fish Sticks Oven Baked Fries Classic Cole Slaw Cheese Pizza ✓ Grilled Cheese Sandwich ✓ Grape Tomatoes Garden Salad Diced Pear Cup Sliced Oranges</p>	<p>5 Pasta & Meat Sauce ✓ Green Beans Garlic Bread Chicken Nuggets Whole Wheat Dinner Roll Grilled Cheese Sandwich ✓ Celery Applesauce Mixed Berry Cup</p>	<p>6 Fluffy Whole Grain Pancakes ✓ Fluffy Whole Grain Waffles ✓ Scrambled Eggs ✓ Crispy Potato Puffs ✓ Cheese Pizza ✓ Grilled Cheese Sandwich ✓ Cucumber Coins Fresh Banana Diced Pear Cup</p>	<p>7 Pepperoni Pizza ✓ Cheese Pizza ✓ Chicken Nuggets Mixed Vegetables Whole Wheat Dinner Roll Grilled Cheese Sandwich ✓ Garden Salad Fresh Apple Fresh Grapes</p>
<p>10 Cheese Quesadilla ✓ Fiesta Corn Chicken Nuggets Whole Wheat Dinner Roll Grilled Cheese Sandwich ✓ Not-A-Nut Butter & Jelly Sandwich ✓ Fresh Baby Carrots Fresh Empire Apple Dried Cranberries</p>	<p>11 Cheeseburger Oven Baked Fries Cheese Pizza ✓ Grilled Cheese Sandwich ✓ Grape Tomatoes Sliced Oranges Strawberry Cup</p>	<p>12 BBQ Chicken ✓ Brown Rice Steamed Broccoli Chicken Nuggets Whole Wheat Dinner Roll Grilled Cheese Sandwich ✓ Garden Salad Sliced Peaches Apple Slices Fortune Cookie!</p>	<p>13 Italian Combo Sandwich ✓ Potato Chips ✓ Cheese Pizza ✓ Grilled Cheese Sandwich ✓ Homemade Lite Veggie Pasta Salad Fresh Apple Mixed Fruit</p>	<p>14 Early Release LAST DAY OF SCHOOL! Only Breakfast Served</p>
<p>17</p>	<p>Ashby Chef Sandmann Will be Serving Very Berry Smoothies Thursday June 6</p>	<p>19</p>	<p>20</p>	<p>21</p>
<p>24 </p>	<p>25 </p>	<p>26 </p>	<p>27 </p>	<p>28 </p>



Our back to basics approach has enabled us to get to the heart of what matters to our student customers when it comes to food. Serving wholesome great tasting food, and teaching students about food and nutrition, sets the stage for them to enjoy more enriching educational experiences around the foods they eat.



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

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.