



# Welcome to our Haverhill Breakfast Cafe Hunking MS

November 2020

The USDA has approved FREE breakfast and lunch for all students for schools on the NSLP/SBP for the 2020-2021 school year. Meals are approved to be served for in person and virtual learners. Please inquire with your schools district office to see if your school is participating.

**Monday**

**Tuesday**

**Thursday**

**Friday**

2

3

5 Golden Grahams Cereal  
Organic Applesauce  
Low Fat Milk

6 Whole Wheat Donut  
Fresh Apple  
Low Fat Milk

9 Strawberry Nutri-Grain Bar  
Fresh Apple  
Low Fat Milk

10 WW Breakfast Bun  
Sliced Peaches  
Low Fat Milk

12 Red. Sugar Cinnamon  
Toast Crunch Cereal  
Diced Peaches  
Low Fat Milk

13 Reduced Sugar Trix  
Fresh Pear  
Low Fat Milk

16 Whole Wheat Donut  
Fresh Banana  
Low Fat Milk

17 Golden Grahams Cereal  
Apple Slices  
Low Fat Milk

19 WW Breakfast Bun  
Diced Pear Cup  
Low Fat Milk

20 Cheerios Cereal  
Fresh Banana  
Low Fat Milk

23 Apple Cinnamon Muffin  
Fresh Orange  
Low Fat Milk

24 Red. Sugar Cinnamon  
Toast Crunch Cereal  
Fresh Apple  
Low Fat Milk

26

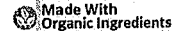
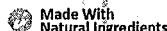
27

30 WW Breakfast Bun  
Fresh Orange  
Low Fat Milk

**FUEL YOUR DAY THE RIGHT WAY.  
AT A HEALTHY BREAKFAST!**



We are 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.



\*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.

# Welcome to our Lunch Cafe



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## Monday

## Tuesday

## Thursday

## Friday

2

3

5 Grilled Cheese Sandwich  
Peanut Butter & Jelly Sandwich  
Garden Salad  
Fresh Banana  
Low Fat Milk

6 Homemade Mac & Cheese  
Ham & Cheese Sandwich  
Cucumber Coins  
Diced Pear Cup  
Low Fat Milk

9 Whole Grain French Toast  
BBQ Chicken Sandwich  
Apple Slices  
Celery  
Low Fat Milk

10 Hand Crafted Pepperoni Pizza  
Turkey & Cheese Sandwich  
Strawberry Cup  
Garden Salad  
Low Fat Milk

12 Chicken Parmesan Sandwich  
Chicken Caesar Wrap  
Fresh Banana  
Carrot Sticks  
Low Fat Milk

13 Lasagna Rollup  
Ham & Cheese Sandwich  
Garden Salad  
Strawberry Cup  
Low Fat Milk

16 Homemade Mac & Cheese  
Turkey & Cheese Sandwich  
Baby Carrots  
Apple Slices  
Low Fat Milk

17 Crispy Chicken Sandwich  
Peanut Butter & Jelly Sandwich  
Cucumber Coins  
Fresh Banana  
Low Fat Milk

19 Smokehouse Burger  
Buffalo Chicken Wrap  
Diced Pear Cup  
Celery  
Low Fat Milk

20 Cheese Pizza  
Chicken Caesar Wrap  
Fresh Banana  
Confetti Garbanzo Bean Salad  
Low Fat Milk

23 Chicken Nuggets  
Ham & Cheese Sandwich  
Crispy Potato Puffs  
Applesauce  
Low Fat Milk

24 Lasagna Rollup  
Turkey & Cheese Sandwich  
Apple Slices  
Celery  
Low Fat Milk

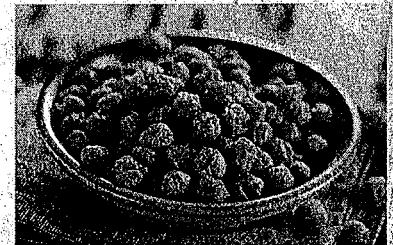
26

27

30 Grilled Cheese Sandwich  
Peanut Butter & Jelly Sandwich  
Garden Salad  
Fresh Banana  
Low Fat Milk

## ARVES of the MONTH

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

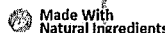


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Questions regarding menu, allergies or nutrition contact Anna Perracchio, RD, LDN [aperracchio@haverhill-ps.org](mailto:aperracchio@haverhill-ps.org)

On Wednesdays students and parents may pick up meals at Grab-n-Go sites, located at:  
Hunking School 11-1 PM  
J.G. Whittier 11-1 PM  
Nettle School 11-1 PM  
Consentino School 11-1 PM  
HHS 3-4 PM



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