







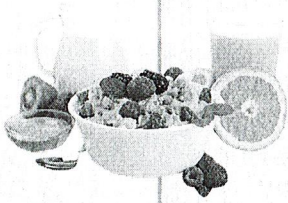


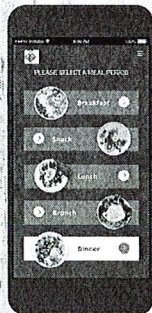
Welcome to our Breakfast Cafe

Haverhill Middle School

May 2022

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
2 Golden Grahams Cereal WG Honey Graham Crackers Diced Peaches	3 Strawberry Smoothie WG Honey Graham Crackers Fresh Apple 	4 Scrambled Eggs Toast Applesauce	5 WW Breakfast Bun Fresh Orange 	6 Red. Sugar Froot Loops Cereal Mixed Fruit WG Honey Graham Crackers
9 Fluffy Whole Grain Pancakes Mixed Berry Cup	10 Cinnamon Toast Crunch Cereal Mixed Berry Cup Scooby Doo Cinnamon Graham Crackers	11 Fruity Parfait Apple Slices Fresh Orange 	12 WG Chocolate Chip Muffin Fresh Banana Fresh Apple	13 WW Breakfast Bun Diced Peaches Apple Slices 
16 WG Blueberry Muffin Fresh Red Delicious Apple Diced Pear Cup	17 Chocolate Banana Oatmeal Fresh Red Delicious Apple	18 Cocoa Puffs Cereal Fresh Red Delicious Apple WG Honey Graham Crackers Diced Pear Cup	19 Egg and Cheese Sandwich Fresh Banana Fresh Orange	20 Rice Krispies Cereal WG Honey Graham Crackers Fresh Apple
23 Red. Sugar Froot Loops Cereal WG Honey Graham Crackers Raisins Apple Slices	24 Whole Grain Biscuit Diced Peaches Jelly Applesauce 	25 WG Blueberry Muffin Fresh Apple Fresh Orange	26 Fruity Cheerios Cereal Diced Pear Cup WG Honey Graham Crackers Diced Peaches	27 Strawberry Smoothie WG Honey Graham Crackers 
30 	31 Egg and Cheese Sandwich Fresh Banana Fresh Orange	<h2>FUEL YOUR DAY THE RIGHT WAY. EAT A HEALTHY BREAKFAST!</h2> 		



Whitsons is Simply Rooted® in food and family, and our menus are nutritious and flavorful. Check out our mobile menu at 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.



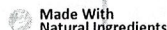
Everyone Eats for Free!
Menu subject to change based on availability of product.

Haverhill is an E.O.E.

Available Daily

Assorted Cereals: Cinnamon Toast Crunch, Rice Krispies, Golden Grahams served w/ Whole Grain Graham Crackers

All served with choice of fat free or low fat milk, assorted juices and assorted fruit



*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

Haverhill Middle School

May 2022

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

2 Mozzarella Sticks
Spaghetti Sauce
Oven Baked Fries
Garden Salad
Fresh Apple
Diced Pear Cup

Tuesday

3 Crispy Popcorn Chicken
Fluffy Mashed Potatoes
Buttered Corn
Baby Carrots
Diced Peaches
Apple Slices

Wednesday

4 Homemade Pasta & Meat Sauce
Glazed Carrots
Mixed Vegetables
Sliced Pears
Fresh Granny Smith Apple
Or Fruity Parfait

Thursday

5 Soft Tacos
Rice and Beans Side 1
WGR 1/2 Cup Legume
Pico De Gallo
Guacamole
Diced Pear Cup
Fresh Orange

Friday

6 L.A Burger
Steamed Broccoli
Fresh Orange
Mixed Fruit
Caesar Salad

9 Grilled Cheese Sandwich
Tomato Soup
Oven Baked Fries
Fresh Apple
Diced Pear Cup



10 Philly Cheese Steak
Crispy Potato Puffs
Mixed Vegetables
Apple Slices
Diced Peaches

11 Incredibowls General Tso's Chicken
Steamed Carrots
Fresh Apple
Strawberry Cup

12 Island Acai Bowl
Strawberry Cup
Fresh Blueberries
Cinnamon & Honey
Roasted Beans

13 Chicken and Waffles
Steamed Broccoli
Applesauce
Fresh Orange
Caesar Salad

16 Cinnamon French Toast
Crispy Potato Puffs
Sauteed Cinnamon
Apple Slices
Fresh Pear

17 Herb Grilled Chicken Nuggets
Sweet Potato Fries
Vegetable Rice Pilaf
Diced Peaches
Fresh Apple

18 Crispy Chicken Drumstick
Steamed Carrots
Cole Slaw
Fresh Blueberries
Applesauce

19 Veggabol BBQ Chickpea Rice Bowl
Fresh Red Delicious Apple
Mixed Fruit

20 Yard Bird Classic Chicken Sandwich
Roasted Kale
Caesar Salad
Fresh Apple



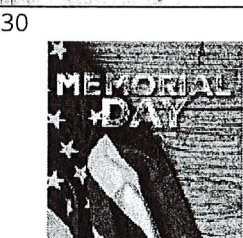
23 Homemade Mac & Cheese
Green Peas
Apple Slices
Garden Salad
Sliced Pears

24 BBQ Pulled Pork Nachos
Sweet Potato Fries
Fresh Apple
Diced Peaches
Salsa

25 Chicken Sausage Pancake Bites
Cinnamon & Honey
Roasted Beans
Baby Carrots
Fresh Apple
Applesauce

26 Chicken Parmesan Sandwich
Caesar Salad
Sriracha Garbanzo Beans
Apple Slices
Mixed Fruit

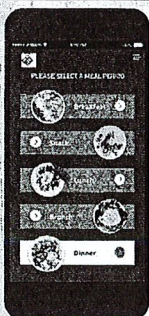
HALF DAY GRAB & GO LUNCH



31 Baked Chicken Tenders
Sweet Potato Fries
Green Bean Salad
Diced Peaches
Fresh 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.



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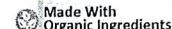
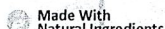
Haverhill Public School is an EOE Employer

Lunch Includes:

1% Milk, 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



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