Haverhill High School

Welcome to our Lunch Cafe

11/11/2019 - 11/15/2019

MEATLESS MONDAY

	Monday	Tuesday	Wednesday	Thursday	Friday
Miss RUBY'S GRILL		Burger Bar *all beef burger with choice of toppings: caramelized onions, mushrooms, peppers, bacon and cheese on a whole wheat bun*	Burger Bar *all beef burger with choice of toppings: caramelized onions, mushrooms, peppers, bacon and cheese on a whole wheat bun*	Burger Bar *all beef burger with choice of toppings: caramelized onions, mushrooms, peppers, bacon and cheese on a whole wheat bun*	Burger Bar *all beef burger with choice of toppings: caramelized onions, mushrooms, peppers, bacon and cheese on a whole wheat bun*
	Available Daily: Available Daily: Burger Bar: Hamburgers, Cheeseburgers, Hot Dogs and Chicken Patties				
World MARKET		Whole Grain Waffles with Sausage *light and crispy waffles served with a sausage patty* Strawberries Hash Brown Potatoes	Homemade Mac & Cheese *pasta in cheese sauce, garnished with parsley* Steamed Broccoli	Roasted Turkey with Gravy *oven roasted turkey breast smothered with gravy* Green Beans Fluffy Mashed Potatoes Dinner Rolls Cranberry Sauce	Personal Pan Cheese Pizza *fresh pizza dough topped with sauce and mozzarella cheese* Caesar Salad
Coyote GRILL / La CUCINA		Nacho Bar Cheese Pizza Meatball Pizza	Nacho Bar Cheese Pizza Meat Lovers Pizza (P)	Nacho Bar Cheese Pizza Homemade Suprema Calzone (P)	Nacho Bar Cheese Pizza Hand Crafted Pepperoni Pizza (P)
	Available Daily: Nachos, Burritos, Mexi-Rice, Mexi Beef, Fajita Chicken, Cheese Sauce, Shredded Lettuce, Salsa and Fresh Pico De Gallo				
Great AMERICAN SANDWICH CO. / Fresh FROM THE GARDEN		BLT Wrap *freshly made wrap filled with crispy bacon, lettuce, tomato and cheese*	Turkey & Cheese Sandwich *freshly made and thinly sliced turkey and cheese sandwich*	Chicken Caesar Wrap *freshly made tortilla wrap filled with sliced chicken, crisp lettuce, and cheese topped with low-fat Caesar dressing*	Ham & Cheese Triple Decker Sandwich *triple stacked thinly sliced ham, cheese, crisp lettuce and ripe red tomato between 3 slices of soft bread* (P)
	Available Daily: Chef Salad or Garden Salad topped with Grilled Chicken, Fresh Croutons, Dressing and Dinner Roll				
Healthy HARVEST		Garden Salad Sauteed Corn & Black Bean Salsa Sliced Peaches Diced Pear Cup	Garden Salad Sauteed Corn & Black Bean Salsa Sliced Peaches Diced Pear Cup	Garden Salad Sauteed Corn & Black Bean Salsa Sliced Peaches Diced Pear Cup	Garden Salad Sauteed Corn & Black Bean Salsa Sliced Peaches Diced Pear Cup
World MARKET Available at the Snack Shack		Baked Chicken Tenders *crispy chicken tenders perfect for dipping in your favorite sauce* Baked Potato Wedges Strawberry Cup Fresh Pear	Baked Chicken Tenders *crispy chicken tenders perfect for dipping in your favorite sauce* Baked Potato Wedges Strawberry Cup Fresh Pear	Baked Chicken Tenders *crispy chicken tenders perfect for dipping in your favorite sauce* Baked Potato Wedges Strawberry Cup Fresh Pear	Baked Chicken Tenders *crispy chicken tenders perfect for dipping in your favorite sauce* Baked Potato Wedges Strawberry Cup Fresh Pear

WHITSONS School Nutrition

SIMPLY ROOTED *in food & family*

We are Simply Rooted™ in food and family. Our menus are healthy, nutritious and flavorful, made from wholesome ingredients. We are phasing out processed foods and instead, offering more natural, organic and non GMO options. We also offer gluten and allergen free foods and purchase locally when seasonally available. Check us out at www.Whitsons.com.

Meal price includes: protein choice, fresh veggie choice, fresh fruit choice & bread choice.
At least two types of milk available daily: 1% low fat unflavored, fat free flavored, fat free unflavored.
Available daily with salad lunch: protein choice, whole grain item, fruit choice & milk choice

***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. If you have any questions or would like additional information regarding this menu, please contact the food service director. This institution is an equal opportunity provider.

VEGETARIAN · MADE WITH NATURAL INGREDIENTS · (P) PORK · MADE WITH ORGANIC INGREDIENTS