

Point of Sale Payment can be made by check or cash, please include your child's name and pin # with all pre-payments. You may also pay on line ([www.schoolcafe.com](http://www.schoolcafe.com))  
 \*There is a fee for on-line deposits.

## Haverford School District Elementary School Lunch Menu September 2018 to January 2019

### Meal Prices

Paid Lunch \$2.75  
 Reduced Lunch \$ .40

\* May contain pork

MILK IS AVAILABLE WITH ALL MEALS 1% White, Skim, Low-fat Chocolate & Low-fat Strawberry - Available Daily: Raisins, Craisins every MWF

	Weeks Of:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	9/10,10/22,12/3 1/21	Meatball Hoagie	BBQ Chicken Sandwich	Dutch Waffle/*Sausage	Chicken Tenders/ Roll	Stuffed Crust Pizza
		Oven Baked Fries Baby Carrots/Dip Lettuce /Tomato Juice, Fresh or Chilled Fruit	Baked Beans Broccoli w/ dip Fresh Leafy Green Salad Juice, Fresh or Chilled Fruit	Sweet Pot. Fries Red & Green Pepper Strips/Dip Fresh Leafy Green Salad Juice, Fresh or Chilled Fruit	Steamed Corn Oven Baked Fries Caesar Salad Juice, Fresh or Chilled Fruit	Fresh Leafy Green Salad Veggie Boat Lettuce/Tomato Juice, Fresh or Chilled Fruit
WEEK 2	Weeks Of: 9/17,10/22,12/10 1/28,	Chicken & Mini Waffles	Beef Nachos w/ Salsa	Macaroni & Cheese/Roll	Grilled Cheese	Mozzarella Sticks w/ Sauce
		Steamed Carrots Oven Baked French Fries Fresh Leafy Green Salad Juice, Fresh or Chilled Fruit	Pinto Beans Veggie Boat Lettuce/Tomato Juice, Fresh or Chilled Fruit	Steamed Broccoli Fresh Leafy Green Salad Beet Salad Juice, Fresh or Chilled Fruit	Tomato Soup Baby Carrots/Dip Caesar Salad Juice, Fresh or Chilled Fruit	Pasta Salad Veggie Boat Spinach & Tomato Salad Juice, Fresh or Chilled Fruit
WEEK 3	Weeks Of: 9/24,11/5,12/17	Cheese Burger	Two Hard Beef Tacos	Cheese Steak Hoagie	Oriental Popcorn Chicken with Rice	Baked Potato Bar
		Oven Baked French Fries Italian Bean & Tomato Salad Fresh Leafy Green Salad Juice, Fresh or Chilled Fruit	Refried Beans & Salsa Veggie Boat Lettuce/Tomato Juice, Fresh or Chilled Fruit	Oven Baked French Fries Baby Carrots/Dip Caesar Salad Juice, Fresh or Chilled Fruit	Steamed Brussels Sprouts Broccoli & Dip Lettuce/Tomato Juice, Fresh or Chilled Fruit	Tomato Salad Bagged Carrots Fresh Leafy Green Salad Juice, Fresh or Chilled Fruit
WEEK 4	Weeks Of: 10/4,11/12,1/1	Ham and Cheese Panni	Meatball Parmersan	Cheesy Bread Sticks w/Sauce	Chicken Fritter Sandwich	Stuffed Crust Pizza
		Oven Baked French Fries Steamed Peas Fresh Leafy Green Salad Juice, Fresh or Chilled Fruit	Side of Pasta Steamed Broccoli Caesar Salad Juice, Fresh or Chilled Fruit	Round Roasted Potatoes Kale Salad Veggie Boat Juice, Fresh or Chilled Fruit	Steamed Cauliflower Baked Beans Lettuce/Tomato Juice, Fresh or Chilled Fruit	Tater Tots Tossed Salad Veggie Boat Juice, Fresh or Chilled Fruit
WEEK 5	Weeks Of: 10/8,11/19,1/7	Bacon Cheese Burger	Beef Nachos w/ Salsa	Chicken Nuggets w/ Roll	Macaroni & Cheese/Roll	Grilled Cheese
		Oven Baked French Fries Broccoli Florets w/Dip Caesar Salad Juice, Fresh or Chilled Fruit	Pinto Beans Kale & Grape Tomato Salad Lettuce/Tomato Juice, Fresh or Chilled Fruit	Mashed Potatoes Steamed Carrots Fresh Leafy Green Salad Juice, Fresh or Chilled Fruit	Steamed Brussels Sprouts Celery Sticks/Dip Baby Carrots Juice, Fresh or Chilled Fruit	Tomato Soup Veggie Boat Fresh Leafy Green Salad Juice, Fresh or Chilled Fruit
WEEK 6	Weeks Of: 10/15,11/26,1/14	Chicken Parm. Sandwich	French Toast Sticks & *Sausage	3 Cheese Calzone/Sauce	General Tso Chicken with Rice	*Hot Roast Pork Sandwich
		Green Beans Carrot Sticks with Dip Fresh Leafy Green Salad Juice, Fresh or Chilled Fruit	Oven Baked French Fries Veggie Boat Lettuce/Tomato Juice, Fresh or Chilled Fruit	Tater Tots Caesar Salad Beet Salad Juice, Fresh or Chilled Fruit	Tossed Salad Broccoli Florets Lettuce/Tomato Juice, Fresh or Chilled Fruit	Oven Baked French Fries Cucumber Slices w/Dip Fresh Leafy Green Salad Juice, Fresh or Chilled Fruit
<b>THE ITEMS BELOW ARE AVAILABLE EACH WEEK</b>						
Weekly Specials	<b>Sandwich of Day</b>	*Ham and Cheese Wrap	Chicken Salad on Whole Wheat	Turkey Hoagie	*Ham and Cheese on Whole Wheat	Tuna on Whole Wheat
	<b>Soup</b>	PB&J, Hot Dog	PB&J, Hot Dog	PB&J, Hot Dog	PB&J, Hot Dog	PB&J, Hot Dog
		Chicken Noodle	Chicken Rice	Minestrone	Chicken Noodle	Tomato
		Grab and Go	Grab and Go	Grab and Go	Grab and Go	Grab and Go
	<b>*Italian</b>	Cheese Pizza	Cheese Pizza	Cheese Pizza	Cheese Pizza	*Pepperoni Pizza