

**SCHOOL DISTRICT OF HAVERFORD TOWNSHIP
ELEMENTARY SCHOOL LUNCH MENU**

SEPTEMBER 2019

AVAILABLE EVERYDAY

Daily Fruit Choices:

- Whole Orange
- Assorted Cupped Fruit
- Bag of Fresh Sliced Apples
- Seasonal Fresh Fruit Selections



Daily Vegetable Choices:

- Vegetable of the Day
- Tossed Salad
- Oven Potatoes
- Fresh Baby Carrots and Celery

STUDENT PLATTER

\$2.70

All platters include:

**Entrée, Vegetable, Fruit,
Non Fat Milk, 1% Milk**

Daily Homemade Soup and Sandwich Choices:

- MONDAY**—Chicken Noodle—Ham & Cheese Wrap
- TUESDAY**—Chicken Rice—Chicken Salad on Whole Wheat
- WEDNESDAY**—Minestrone—Turkey Hoagie
- THURSDAY**—Chicken Noodle—Ham & Cheese on Wheat
- FRIDAY**—Tomato – Tuna on Whole Wheat

- Whole Wheat Pizza**
- Assorted Sandwiches**
- Whole Wheat Grilled Cheese**
- Hot Dog**
- Whole Wheat Bagel w/cream cheese**
- Cereal w/yogurt**
- Peanut Butter & Jelly Sandwich**

Grab & Go Lunch

- Two String cheese sticks,**
- Whole Wheat Pretzel, Fresh Fruit Wedges**

**WELCOME
BACK**

Monday, September 2	Tuesday, September 3	Wednesday, September 4	Thursday, September 5	Friday, September 6
HOLIDAY NO SCHOOL	Cheeseburger Fries Fruit	Hot Dog Tater Tots Fruit	Grilled Cheese Chips Fruit	Stuffed Crust Pizza Tossed Salad Fruit
Monday, September 9	Tuesday, September 10	Wednesday, September 11	Thursday, September 12	Friday, September 13
Bacon Cheeseburger Fries Peaches	Beef Nachos Lettuce/Tomato Apple Slices	French Toast Sticks Sausage Orange Slices	Chicken Nuggets Corn, Mashed Potatoes Fruit	Pasta w/meat sauce Caesar Salad Sherbet

Why should your child buy school meals?
Cafeteria meals are healthier than ever because of new national nutrition standards. Plus, if he/she gets lunch at school, you can knock "pack lunch" off your to do list !

Super Snacks For Studying: **PB and A.** Cut an apple into wedges and spread some crunchy peanut butter on it. **Smooth Studier.** Blend a cup of milk, 2 cups of your favorite fruit, and a cup of ice. Stick a straw in your glass and you have a super smoothie! **Cheese, Please!** Cube some cheese and stick toothpicks in them. Serve with crackers. **It's Berry Good.** Take a handful of berries — blueberries, raspberries, blackberries, or sliced strawberries — and mix them with plain or vanilla yogurt. Yum! **SkinnyDipping.** Nothing beats noshing on carrots and ranch dip when you need something crisp. **Pop Star.** Pour your favorite fruit juice into the ice cube tray and freeze for mini-popsicles.

Popular vegetables include lettuce, carrots, Asparagus, cauliflower, broccoli, spinach, potatoes & onions.

Popular fruits include apples, oranges, pears, Strawberries, peaches, bananas, apricots and Grapes.

The average apple contains around 130 calories.

**HEALTHY
START to a
successful
School year**

**GOOD
EATS**



Monday, September 16	Tuesday, September 17	Wednesday, September 18	Thursday, September 19	Friday, September 20
Cheese Steak Tater Tots Apple Slices	Chicken Patty Sandwich Roasted Potatoes Banana	General Tso Chicken Rice, Broccoli Fruit	Stuffed Bread Sticks Tossed Salad Mixed Fruit	Baked Potato Bar Broccoli, Bacon, Chz Fruit
Monday, September 23	Tuesday, September 24	Wednesday, September 25	Thursday, September 26	Friday, September 27
Meatball Sub Curly Fries Fruit	Two Taco Tuesday Beef, lettuce, tomato Cheese, Fruit	Chicken Tenders Rice, Carrots Fruit	BBQ Chicken Sandwich Broccoli w/dip Fruit	Mozzarella Sticks Salad Sherbet
Monday, September 30	Tuesday, October 1	Wednesday, October 2	Thursday, October 3	Friday, October 4
HOLIDAY NO LUNCH SERVED	Burrito Rice Mandaren Oranges	Corn Dogs Baby Carrots Pineapples	Dutch Waffle Sausage Links OJ	Grilled Cheese Tomato Soup Salad, Fruit