

Welcome to our Lunch Cafe at...

Wellesley Elementary

November 2019

Monday

Tuesday

Thursday

Friday

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.



- 1 Nachos with Cheese
With Sauteed Corn & Black Bean Salsa
Fresh Orange
Or Strawberry Cup
1 - Simply Boxed Meat and Cheese Protein Pack
2 - Strawberry Smoothie
With Pretzel
3 - Turkey BLT Sandwich
4 - Not-A-Nut Butter & Jelly Sandwich

- 4 Homemade Pasta Bolognese
With Garden Salad
Fresh Granny Smith Apple
Or Diced Pear Cup
1 - Simply Boxed Belgium Waffle Bites
2 - American Beauty
3 - Grilled Chicken Salad with Dinner Rolls
4 - Not-A-Nut Butter & Jelly Sandwich

NEW LUNCH ITEM WEEK 1
Simply Boxed Meat & Protein Pack
Boarshead Turkey & Mozzarella Cubes with Fresh Fruit & a Grain

- 7 Cheeseburger
And Oven Baked Fries
Fresh Pear Or Diced Peach Cup
1 - Simply Boxed Belgium Waffle Bites
2 - Grilled Chicken Salad with Dinner Rolls
3 - American Beauty
4 - Not-A-Nut Butter & Jelly Sandwich

- 8 Classic Cheese Pizza
Or Pepperoni Pizza
With Garden Salad
Mixed Berry Cup Or Fresh Orange
1 - Simply Boxed Belgium Waffle Bites
2 - Grilled Chicken Salad with Dinner Rolls
3 - American Beauty
4 - Not-A-Nut Butter & Jelly Sandwich

NEW LUNCH ITEM WEEK 5
Simply Boxed Build a Sandwich
Boarshead Turkey with American Cheese in a Sandwich.
Served with Fresh Orange Slices & Red Pepper Strips

- 12 Baked Chicken Tenders
With Mixed Vegetables
And Oven Baked Fries
Fresh Apple
Or Sliced Peaches
1 - Cereal Fun Lunch
2 - Fruity Parfait
3 - Romeo Sandwich
4 - Not-A-Nut Butter & Jelly Sandwich

- 14 Whole Grain Pancakes with Sausage
With Cinnamon Apple Slices
Fresh Banana
Or Mixed Berry Cup
1 - Cereal Fun Lunch
2 - Fruity Parfait
3 - Romeo Sandwich
4 - Not-A-Nut Butter & Jelly Sandwich

- 15 Nachos with Cheese
With Sauteed Corn & Black Bean Salsa
Fresh Orange Or Organic Applesauce
1 - Cereal Fun Lunch
2 - Fruity Parfait
3 - Romeo Sandwich
4 - Not-A-Nut Butter & Jelly Sandwich

- 18 Homemade Mac & Cheese
With Green Peas
Fresh Tangerine Or Mixed Fruit
1 - Bagel Fun Lunch
2 - Chicken Caesar Salad
3 - Ham & Cheese Sandwich
4 - Not-A-Nut Butter & Jelly Sandwich

- 19 Crispy Tacos
With Sauteed Corn & Black Bean Salsa
And Iceberg Lettuce
Fresh Green Grapes
Or Strawberry Cup
1 - Bagel Fun Lunch
2 - Chicken Caesar Salad
3 - Ham & Cheese Sandwich
4 - Not-A-Nut Butter & Jelly Sandwich

- 21 Beef Hot Dog on Bun With Baked Beans
Fresh Banana
And Oven Baked Fries
Or Diced Peach Cup
1 - Bagel Fun Lunch
2 - Chicken Caesar Salad
3 - Ham & Cheese Sandwich
4 - Not-A-Nut Butter & Jelly Sandwich

- 22 Classic Cheese Pizza
Or Pepperoni Pizza
With Caesar Salad
Fresh Pear Or Raisins
1 - Bagel Fun Lunch
2 - Chicken Caesar Salad
3 - Ham & Cheese Sandwich
4 - Not-A-Nut Butter & Jelly Sandwich

- 25 Homemade Pasta & Meatballs
With Caesar Salad
Fresh Granny Smith Apple
Or Mixed Fruit
1 - Simply Boxed Build-A-Sandwich
2 - Strawberry Smoothie
With Pretzel
3 - Tuna Salad Sandwich
4 - Not-A-Nut Butter & Jelly Sandwich

- 26 Chicken Nuggets
With Corn Cobettes
And Oven Baked Fries
Fresh Orange
Or Raisins
1 - Simply Boxed Build-A-Sandwich
2 - Strawberry Smoothie
With Pretzel
3 - Tuna Salad Sandwich
4 - Not-A-Nut Butter & Jelly Sandwich

THANKS GIVING HOLIDAYS



We are Simply Rooted® in food and family. Our menus are healthy, nutritious and flavorful, made from wholesome ingredients. We are moving towards phasing out processed foods and instead, offering more all natural, organic or non-GMO options.



Lunch Prices

- Student Lunch \$3.25
 - Reduced Lunch \$0.40
 - Milk / Chocolate Milk \$0.75
 - 100% Juice \$0.75
 - Milk \$1.75
- Lunch Includes Entree Selection with Vegetable, Fruit and Milk**
Your choice of Skim Milk, 1% Milk
Non Fat Chocolate Milk
100% Juice

ALTERNATE MEALS AVAILABLE DAILY!

- 1 Fun Lunch**- Weekly choice of grain component with Organic Kids Yogurt, apple, Mozzarella String Cheese Stick
 - 2 Rotating Weekly Choice**- See the weekly menu for details
 - 3 Fresh Deli Sandwich** - Enjoy a sandwich with Fresh Fruit and Fresh Vegetable Side items
 - 4 Not-A-Nut Butter & Jelly Sandwich**
- Side items - Carrot Sticks are available to accompany any lunch. Vegetable, Fruit and Milk choice is included in all lunch choices**
- Questions? Please call Food Services 781-446-6200 ext.5707
Contact Food Services Wellesley@Whitsons.com**

VEGETARIAN MADE WITH NATURAL INGREDIENTS PORK MADE WITH ORGANIC INGREDIENTS

*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.