

Welcome to our Lunch Cafe at... **Timberlane Sandown North Elementary**

**March
2020**

Monday	Tuesday	Wednesday	Thursday	Friday
2 Chicken Nugget & Mozzarella Stick Combo With Whole Wheat Dinner Roll Or Grilled Cheese Sandwich Garden Salad Sliced Peaches Sweet Potato Fries Fresh Apple	3 Nachos Grande Or Turkey & Cheese Sandwich Mixed Fruit Sweet Corn Side Garden Salad Fresh Orange	4 Homemade Mac & Cheese Or Cheeseburger Baked Beans Broccoli Florets Sliced Peaches Kiwi David's Chocolate Chip Cookie	5 Roasted Turkey with Gravy Dinner Rolls Or Crispy Chicken Sandwich Garden Salad Fresh Apple Fluffy Mashed Potatoes Diced Pear Cup Cranberry Sauce	6 Cheese Pizza Or Simply Boxed Belgium Waffle Bites Fresh Baby Carrots Side Salad Mixed Fruit Fresh Apple
9 Whole Grain French Toast With Crispy Pork Sausage Links Or Grilled Cheese Sandwich Garden Salad Crispy Potato Puffs Strawberries Fresh Orange	10 General Tso's Chicken Or Turkey & Cheese Sandwich Garden Salad Fresh Apple Brown Rice Steamed Broccoli Diced Pear Cup	11 Turkey Hot Dog on Bun Or Cheeseburger Cucumber Coins Baked Beans Fresh Banana Sliced Peaches Sweet Potato Fries Chef Rich Visiting Sandown North	12 Meatball Hero Or Crispy Chicken Sandwich Garden Salad Applesauce Sweet Potato Fries Fresh Orange	13 Cheese Pizza Or Fish Patty Melt Sandwich Fresh Baby Carrots Side Salad Sliced Peaches Strawberries
16 Grilled Cheese Sandwich Or Crispy Chicken Sandwich Garden Salad Fresh Apple Tomato Soup Diced Pear Cup	17 Soft Tacos Brown Rice Or Tuna Salad Sandwich Sweet Corn Side Garden Salad Fresh Apple Sliced Peaches	18 Pasta & Meat Sauce Or Bacon Cheeseburger Confetti Garbanzo Bean Salad Broccoli Florets Applesauce Fresh Banana	19 Chicken with Gravy Whole Wheat Dinner Roll Or Crispy Chicken Sandwich Fluffy Mashed Potatoes Fresh Apple Garden Salad Diced Pear Cup Cranberry Sauce	20 Cheese Pizza Or Simply Boxed Yogurt Power Pack Caesar Salad Fresh Baby Carrots Sliced Peaches Fresh Melon Cup
23 Sausage, Egg and Cheese Sandwich Or Grilled Cheese Sandwich Garden Salad Crispy Potato Puffs Strawberries Fresh Orange	24 Nachos Grande Or Turkey & Cheese Sandwich Mixed Fruit Sweet Corn Side Garden Salad Fresh Apple	25 No School Staff Development Day NATIONAL NUTRITION MONTH MARCH 2019	26 Turkey Hot Dog on Bun Or Crispy Chicken Sandwich Cucumber Coins Baked Beans Sliced Peaches Sweet Potato Fries Paradise Punch 100%	27 Cheese Pizza Or Fruity Parfait Fresh Baby Carrots Side Salad Sliced Peaches Strawberries
30 Chicken Nuggets With Whole Wheat Dinner Roll Or Grilled Cheese Sandwich Garden Salad Sliced Peaches Sweet Potato Fries Fresh Apple	31 Soft Tacos Brown Rice Or Tuna Salad Sandwich Sweet Corn Mixed Fruit Side Garden Salad Fresh Orange	 <p>Whitsons proudly supports clean, sustainable agriculture! We also focus on using ingredients that are locally sourced, all-natural, organic and non-GMO whenever possible.</p>  		



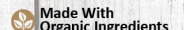
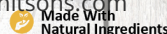
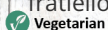
Our marketing and communications programs encourage a healthy "Fooditude," that is, a healthy attitude about food. Through innovative menus and promotions, we strive to create a healthy fooditude that leaves students inspired to achieve all levels of success.



Lunch Prices:
\$2.60
Reduced Lunch .40
Low Fat Milk .50
100% Juice .50

Help Wanted

Food Service Worker
Contact John Fratiello
fratielloj@whitsons.com



Also Available Daily
Bagel Lunch- Wheat Bagel, String Cheese, Organic Yogurt

Healthy Choice Salad - A bed of Lettuce, Grape Tomatoes, Cucumbers, Cheese and Whole Grain Rolls

Sunbutter & Jelly Sandwich



*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. All meals are prepared in an equal opportunity provider.