

# Welcome to our Lunch Cafe @

Fall River Elementary Schools

**March**  
2017

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**WHITSON'S** Produce of the Month  
**Spinach**



We proudly support clean, organic, local and sustainable agriculture.

**6**  
Soft Beef Taco  
Brown Rice  
Steamed Carrots  
Sliced Peaches

**7**  
Crispy Chicken Patty Sandwich  
Potato Wedges  
Mixed Vegetables  
Carroteenies  
Orange

**8**  
Meatball Parmesan Hero  
Romaine Salad w/ Tomato  
Steamed Green Beans  
Carrot Sticks  
Pineapple Cup

**9**  
Egg, Sausage & Cheese on  
English Muffin  
Hash Browns  
Cinnamon Apples  
Cinnamon Applesauce

**3**  
Cheese Pizza ✓  
Broccoli Floretts  
Baby Carrots  
Mixed Fruit Cup

Daily Alternative Entrees: 1) Hot Entree Meal 2) Assorted Deli Sandwich On Whole Wheat Bread 3) SunButter And Jelly Sandwich On Whole Wheat Bread 4) Fresh Garden Salad W/Cheese And Dinner Roll

Daily Alternative Entrees: 1) Hot Entree Meal 2) Assorted Deli Sandwich On Whole Wheat Bread 3) SunButter And Jelly Sandwich On Whole Wheat Bread 4) Fresh Garden Salad W/Cheese And Dinner Roll

**13**  
Baked Chicken Nuggets  
Mashed Potatoes  
Corn  
Carrot Sticks  
Sliced Peaches

**14**  
Hot Dog on a Bun  
Potato Wedges  
Celery Sticks  
Orange

**15**  
Pasta & Meatballs  
Mixed Vegetables  
Carrot Sticks  
Fresh Orange  
Pineapple Cup

**16**  
Cheeseburger  
Vegetarian Baked Beans  
Baked Tater Tots  
Applesauce

**17**  
Pizza Bites  
Garden Side Salad  
Carrot Sticks  
Mixed Fruit

Daily Alternative Entrees: 1) Hot Entree Meal 2) Assorted Deli Sandwich On Whole Wheat Bread 3) SunButter And Jelly Sandwich On Whole Wheat Bread 4) Fresh Garden Salad W/Cheese And Dinner Roll

**20**  
Chicken Tenders  
Mashed Potatoes  
Corn  
Sliced Peaches

**21**  
Loaded Beef Nachos  
Corn  
Celery Sticks  
Pineapple

**22**  
Pancakes & Sausage  
Hash Browns  
Sliced Peaches

**23**  
Crispy Chicken & Cheese  
Sandwich  
Vegetarian Baked Beans  
Corn  
Diced Pears

**24**  
Cheesy Stuffed Breadsticks  
with Marinara Sauce ✓  
Romaine Salad w/ Tomato  
Carroteenies  
Sliced Peaches

Daily Alternative Entrees: 1) Hot Entree Meal 2) Assorted Deli Sandwich On Whole Wheat Bread 3) SunButter And Jelly Sandwich On Whole Wheat Bread 4) Fresh Garden Salad W/Cheese And Dinner Roll

**27**  
Chicken Nugget & Mozzarella  
Stick Combo  
Whole Wheat Dinner Roll  
Corn  
Empire Apple

**28**  
Cheeseburger  
Potato Wedges  
Steamed Green Beans  
Fresh Orange

**29**  
Mini Cheese Ravioli ✓  
Steamed Green Beans  
Whole Wheat Dinner Roll  
Celery Sticks  
Fresh Orange

**30**  
Roast Turkey Breast with Gravy  
Mashed Potatoes  
Whole Wheat Dinner Roll  
Corn  
Diced Pears  
Homemade Fruit Cocktail

**31**  
Cheese Pizza ✓  
Baked Tater Tots  
Carroteenies  
Sliced Peaches  
Apple Slices

Daily Alternative Entrees: 1) Hot Entree Meal 2) Assorted Deli Sandwich On Whole Wheat Bread 3) SunButter And Jelly Sandwich On Whole Wheat Bread 4) Fresh Garden Salad W/Cheese And Dinner Roll

We purchase locally harvested produce whenever it's seasonally available, but we also take special care to make sure the rest of our produce is flash frozen within hours of harvesting. Flash freezing seals the vitamins and nutrients in, so our produce is loaded with nutritional

goodness. Our partners at Endico use mobile facilities that flash freeze produce right on the farm. Follow our QR code to learn more.



Lunch Meal Price-\$1.70  
Reduced Price-\$.40  
Milk-\$.25  
www.whitsons.com  
To Make Prepayments  
To Your Childs Account:  
www.myschoolbucks.com  
Breakfast Meal Offered Daily

Deli Sandwiches Mon: Ham & Cheese, Tue: Turkey & Cheese, Wed: Tuna Salad, Thurs: Bologna & Cheese, Fri: Ham & Cheese  
Sunbutter & Jelly Sandwich And Garden Salad Served Daily  
Assorted Fruits And Vegetables Offered Daily  
Low Fat Milk: Chocolate & White Offered Daily  
You Have Questions Regarding The Menu Please  
Contact: The FoodService Director: Robert Cutting  
@ 508-675-8100 ext 41591

\*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. USDA is an equal opportunity provider, employer, and lender.