

# Welcome to our Lunch Cafe @ Fall River Elementary

September 2017

Monday

Tuesday

Wednesday

Thursday

Friday







**HARVEST**  
of the  
MONTH



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



<p>4</p> 	<p>5</p> <p>fooditude</p>	<p>6</p> <p>Chicken Sandwich Tator Tots Corn Cinnamon Applesauce Pear</p> 	<p>7</p> <p>Soft Taco Brown Rice Celery Sticks Sliced Oranges</p>	<p>8</p> <p>Stuffed Bread Sticks Tomato Sauce Dip Carroteenies Granny Smith Apple Pear and Pineapple Cup</p>
<p>11</p> <p>Chicken Tenders Baked Potato Wedges Corn Sliced Peaches</p>	<p>12</p> <p>Pancakes &amp; Sausage Syrup Hash Browns Pineapple Pear</p> 	<p>13</p> <p>Pasta &amp; Meat Sauce Baby Carrots Applesauce Fresh Orange Whole Wheat Dinner Roll</p>	<p>14</p> <p>Chicken Fajita Corn Pear and Pineapple Cup Applesauce</p>	<p>15</p> <p>Pizza Bites Side Salad Carrot Dippers Sliced Oranges</p>
<p>18</p> <p>Turkey Hot Dog on Bun Baked Beans Corn Pineapple Chunks</p>	<p>19</p> <p>Soft Taco Beans &amp; Rice Green Beans Sliced Oranges</p>	<p>20</p> <p>Casserole Macaroni Tomato and Beef Side of Carrots Cinnamon Applesauce Pear and Pineapple Cup Whole Wheat Dinner Roll</p> 	<p>21</p> <p>Pancakes &amp; Sausage Syrup Fresh Orange Sliced Peaches</p>	<p>22</p> <p>Stuffed Bread Sticks Tomato Sauce Dip Celery Applesauce Sliced Oranges</p>
<p>25</p> <p>Chicken Tenders Tator Tots Corn Diced Pears Pear</p>	<p>26</p> <p>Fiesta Chicken Rice Bowl Green Peas Sliced Peaches Diced Pears</p>	<p>27</p> <p>Meaty Lasagna Rollup Corn Diced Pears Fresh Pear Whole Wheat Dinner Roll</p>	<p>28</p> <p>Shepherd's Pie Corn Diced Peaches Red Delicious Apple Whole Wheat Dinner Roll</p>	<p>29</p> <p>Pizza Bites Garden Salad Celery Red Delicious Apple Raisins</p>

At Whitsons, we know that good nutrition fuels students for optimal performance, both mentally and physically. We work hard to make sure all of our menus are healthy, nutritious and taste good. To learn more about nutrition related to athletics, visit us at [www.Whitsons.com](http://www.Whitsons.com)



or scan our QR code to see all that we are doing to keep our young customers healthy!



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

Deli Sandwiches Mon: Ham & Cheese, Tue: Turkey & Cheese, Wed: Tuna Salad, Thurs: Bologna & Cheese, Fri: Ham & Cheese

Served Daily Sunbutter & Jelly Sandwich And Garden Salad  
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.