



# Welcome to our Lunch Cafe

# Winchester Muraco Elem

# September 2020

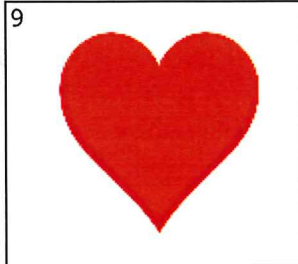
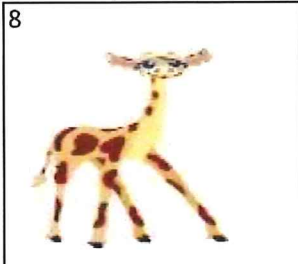
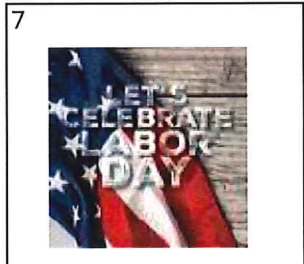
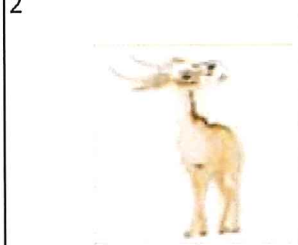
Monday

Tuesday

Wednesday

Thursday

Friday



17 Macaroni and Cheese with Steamed Broccoli With Whole Wheat Dinner Roll Applesauce

WELCOME BACK TO SCHOOL!

18 Crudite & Cheese Platter  
cucumber, carrots, pepper slices and tomatoes, served with a buttermilk ranch dressing for dipping, and mozzarella cheese

With Animal Crackers Diced Pear Cup

21 Egg Salad Sandwich  
freshly made sandwich with house prepared egg salad

With Green Bean Salad And Fresh Apple

22 Greek Salad  
romaine lettuce with cucumbers, tomatoes, feta cheese, black olives and red onions

All With Dried Cranberries



24 Turkey & Cheese Sandwich Sushi  
turkey and American cheese with romaine lettuce, rolled in a whole wheat bread sushi roll

With Fresh Baby Carrots Sliced Peaches

25 Teriyaki Chicken with Brown Rice and Steamed Corn Applesauce

28 Lasagna Roll Up with Green Beans  
With Whole Wheat French Bread  
Fresh Green Grapes

29 Chicken Caesar Salad  
fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls

Fresh Apple



## 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.



We are Simply Rooted® in food and family and our menus are nutritious and flavorful. Check out our mobile menu at [www.FDMealPlanner.com](http://www.FDMealPlanner.com) or download FD MealPlanner free of charge, from the App Store or Google Play, and view your menu on your mobile device anywhere.



### Lunch Prices

- Reimb. \$3.25
- Reduced \$0.40
- Milk \$0.75
- Soy Milk \$1.50
- Water \$0.85

### AVAILABLE DAILY

Garden Salad, mixed greens, tomato, cucumber, carrots, LF cheese, LF dressing & dinner roll or Peanut Butter & Jelly Sandwich

### Lunch Includes:

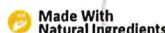
Choice of Vegetable or Carroteenies, Fresh Assorted Fruit or Cupped Fruit & MK

Manage your child's account on line, make payments, view account

and transactions. Visit [www.myschoolbucks.com](http://www.myschoolbucks.com)

Questions or additional information please contact Food Service Director Trina Scott @ 781-721-7000 ext. 4242 /

4232



\*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.