

What's on the Menu?

Haverford HS and MS February 22-26

Feb. 22	Feb. 23	Feb. 24	Feb. 25	Feb. 26
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Breakfast

Individual Whole Grain Muffin	Individual Whole Grain Muffin	Maple Mini Pancakes	Maple Mini Pancakes	
Red Delicious Apple	Red Delicious Apple	100% Fruit juice	100% Fruit juice	
1% Milk	1% Milk	1% Milk	1% Milk	

Lunch

Philly Cheesesteak	Philly Cheesesteak	Chicken Salad Sandwich	Chicken Salad Sandwich	
Oven Baked Fry	Oven Baked Fry	Carrot & Ranch	Carrot & Ranch	
Fresh Orange	Fresh Orange	Peach Cup	Peach Cup	
1% Milk	1% Milk	1% Milk	1% Milk	



*These items may need to be reheated.

Serving up happy & healthy

What's on the Menu?

Haverford HS and MS March 1-5

March 1	March 2	March 3	March 4	March 5
Breakfast				
WG Pop-Tart Strawberry Cup 1% Milk	WG Pop-Tart Strawberry Cup 1% Milk	Mini Confetti Pancakes Red Delicious Apple 1% Milk	Mini Confetti Pancakes Red Delicious Apple 1% Milk	Cereal Bar Graham Crackers Applesauce cup 1% Milk
Lunch				
All American Cheeseburger Waffle Fries Fresh Gala Apple 1% Milk	All American Cheeseburger Waffle Fries Fresh Gala Apple 1% Milk	Turkey & Cheese Hoagie Crudit� Veggies Mixed Fruit Cup 1% Milk	Turkey & Cheese Hoagie Crudit� Veggies Mixed Fruit Cup 1% Milk	Pizza Celery Sticks Warm Cinnamon Apple Slices 1% Milk

What's on the Menu?

Haverford HS and MS March 8-12

March 8	March 9	March 10	March 11	March 12
Breakfast				
Individual Whole Grain Muffin Diced Pear Cup 1% Milk	Individual Whole Grain Muffin Diced Pear Cup 1% Milk	Maple Mini Pancakes Peach Cup 1% Milk	Maple Mini Pancakes Peach Cup 1% Milk	Cereal Bar Graham Crackers Applesauce cup 1% Milk
Lunch				
Ham & Cheese Bagel Melt Sweet Potato Fry Red Delicious Apple 1% Milk	Ham & Cheese bagel Melt Sweet potato Fry Red Delicious Apple 1% Milk	Chicken Caesar Salad Wrap Carrot & Ranch Fresh Gala Apple 1% Milk	Chicken Caesar Salad Wrap Carrot & Ranch Fresh Gala Apple 1% Milk	Pizza Celery Sticks Warm Cinnamon Apple Slices 1% Milk

What's on the Menu?

Haverford HS and MS March 22-26

March 22	March 23	March 24	March 25	March 26
Breakfast				
WG Pop-Tart	WG Pop-Tart	Maple Mini Pancakes	Maple Mini Pancakes	Cereal Bar Graham Crackers
Mixed Fruit Cup	Mixed Fruit Cup	Strawberry Cup	Strawberry Cup	Applesauce cup
1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Lunch				
Meatball Parmesan	Meatball Parmesan	Italian Combo Hoagie	Italian Combo Hoagie	Pizza
Tater Tots	Tater Tots	Crudité Veggies	Crudité Veggies	Celery Sticks
Fresh Orange	Fresh Orange	Fresh Gala Apple	Fresh Gala Apple	Warm Cinnamon Apple Slices
1% Milk	1% Milk	1% Milk	1% Milk	1% Milk

What's on the Menu?

Haverford HS and MS March 15-19

March 15	March 16	March 17	March 18	March 19
Breakfast				
WG Pop-Tart Applesauce Cup 1% Milk	WG Pop-Tart Applesauce Cup 1% Milk	Breakfast Burrito Orange Juice 1% Milk	Breakfast Burrito Orange Juice 1% Milk	Cereal Bar Graham Crackers Applesauce cup 1% Milk
Lunch				
General TSO Breaded Chicken Steamed Broccoli Steamed Rice Applesauce Cup 1% Milk	General TSO Breaded Chicken Steamed Broccoli Steamed Rice Applesauce Cup 1% Milk	Chicken Caesar Salad Wrap Carrot & Ranch Diced Peach Cup 1% Milk	Chicken Caesar Salad Wrap Carrot & Ranch Diced Peach Cup 1% Milk	Pizza Celery Sticks Warm Cinnamon Apple Slices 1% Milk