



Whitsons School Nutrition

Dear Parents at Spaulding Elementary

Welcome back, your children's health is our number one priority.

Breakfast

We are now serving breakfast at all schools on Early Release. Daily choices include bagel with cream cheese, plain donut, apple cinnamon or blueberry muffin or assorted cereals served with Honey Graham Belly Bears. Breakfast includes cupped and fresh fruit or 100 % fruit juice, along with skim or fat free chocolate milk. Breakfasts for students is \$1.35 or \$.30 for reduced students and free for free students. Adults pay \$1.85.

Lunch

This year Whitsons will be serving homemade pizza Tuesday, Thursday and Friday as an alternate. Chicken Nuggets will be served on Monday and Wednesday and Grilled Cheese will always be available daily. Lunch price is \$2.75 \$.40 For Reduced

New Healthy Menu Choices

Our products are peanut and nut free. We also offer Gluten Free products, please contact you kitchen manager or Michelle Curran for a list of products available.

Monthly Nutrition Theme

Our monthly menus not only feature nutritional messages, but also highlight a special fruit or vegetable of the month to encourage students to try new healthy choices.

Whitsons menus state the nutrition message of the month, and this will continue throughout the year. You will get a Chef visit in your kitchen and a themed lunch will be served.

Payments

Payments can be made online in to your students account at myschoolbucks.com, where you can manage your child's account. Checks can be sent in and given to the cashier. Make check out to NMRSD School Lunch, please put your student's id in the memo line.

Look us up on your NMRSD website under Food Service or go to whitsons.com for more information. I can be reached at 978-597-8721 x2471

Enjoy the remainder of the year!

Sincerely,

Michelle Curran

Food Service Director

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