

Lawrence High School

Welcome to our
Lunch Cafe

11/1/2018 - 11/2/2018

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday

				<p>Side Salad side salad with tomato and cucumber Green Beans Cucumber Coins Fresh Melon Cup</p> <p>Cantaloupe</p>	<p>Steamed Broccoli Celery Sticks Side Salad Fresh Banana</p>
				<p>Philly Cheese Steak thinly sliced beef topped with sauteed peppers, onions and melted cheese on a lightly toasted bun prepared in-house 🍴</p>	<p>Chicken Nugget & Mozzarella Stick Combo Crispy chicken nuggets and gooey mozzarella sticks served with dipping sauce 🍴</p>
<p>Available Daily: Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches</p>					
				<p>Nachos Grande tortilla chips topped with freshly prepared mexi style meat and cheese sauce 🍴</p>	<p>Fiesta Taco Salad homemade crunchy tortilla bowl filled with fiesta style beef, crisp cucumbers, tomatoes, lettuce and shredded cheddar cheese 🍴</p>
<p>Available Daily: Nachos, Crispy and Soft Tacos, Mexi-Rice with your choice of Mexi Beef, Mexi Chicken, Mexi Veg, Black Beans, Cheese Sauce and Shredded Lettuce, Salsa</p>					
				<p>Roasted Turkey with Gravy oven roasted turkey breast smothered with gravy Garlic Bread</p>	<p>Buffalo Chicken Mac & Cheese pasta in cheese sauce, topped with buffalo style chicken 🍴</p>
				<p>Chicken & Cheese Stromboli Chicken and melted cheese wrapped in pizza dough 🍴</p>	<p>Margherita Pizza freshly prepared dough lightly brushed with garlic and oil, topped with tomato sauce, mozzarella cheese, fresh tomatoes and basil 🍴</p>
<p>Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough</p>					
				<p>Garden Salad with Cheese Entree fresh garden salad topped with cheese 🍴</p> <p>Dinner Rolls</p>	<p>Greek Salad romaine lettuce with cucumbers, tomatoes, feta cheese, black olives and red onions 🍴</p> <p>Dinner Rolls</p>
<p>Available Daily: An array of seasonal produce, grilled chicken and mixed salads. Choice of all natural dressing, whole grain dinner roll and milk.</p>					
				<p>Buffalo Chicken Wrap warm chicken marinated in Buffalo sauce wrapped in a tortilla with lettuce and tomato 🍴</p>	<p>The Harvest Classic freshly prepared tortilla wrap with thinly sliced ham, mozzarella cheese, tossed greens and juicy tomatoes 🍴</p>
<p>Available Daily: Assorted cold cuts, cheeses and whole grain rich bread, rolls and wraps along with vegetable toppings</p>					

WHITSON'S School Nutrition **SIMPLY ROOTED** in food & family

We are Simply Rooted™ in food and family. Our menus are healthy, nutritious and flavorful, made from wholesome ingredients. We are phasing out processed foods and instead, offering more natural, organic and non-GMO options. We also offer gluten and allergen-free foods and purchase locally when seasonally available. Check us out at www.Whitsons.com.

Meal price includes: protein choice, fresh veggie choice, fresh fruit choice & bread choice.
At least two types of milk available daily: 1% low fat unflavored, fat free flavored, fat free unflavored.
Available daily with salad lunch: protein choice, whole grain item, fruit choice & milk choice

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 VEGETARIAN  MADE WITH NATURAL INGREDIENTS  PORK  MADE WITH ORGANIC INGREDIENTS

Lawrence High School

Welcome to our
Lunch Cafe

11/5/2018 - 11/9/2018

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday

	<p>Side Salad <i>side salad with tomato and cucumber</i> Steamed Spinach Fiesta Corn Fresh Apple</p>		<p>Side Salad <i>side salad with tomato and cucumber</i> Sweet Potato Fries Celery & Carrot Sticks w/ Low Fat Dressing Fresh Grapes</p>	<p>Side Salad <i>side salad with tomato and cucumber</i> Garbanzo Beans Cucumber Coins Fresh Melon Cup Cantaloupe</p>	<p>Side Salad <i>side salad with tomato and cucumber</i> Steamed Broccoli Tomato Salad Watermelon Cup</p>
	<p>Bacon Cheeseburger <i>burger topped with cheese and bacon on a freshly toasted bun</i></p>		<p>BBQ Chicken Sandwich <i>warm baked chicken smothered in BBQ sauce on a bun and prepared in-house</i> French Bread</p>	<p>Turkey Burger <i>grilled turkey burger on a whole wheat bun with cheese</i></p>	<p>Meatball Sliders <i>baked, sliced meatballs topped with tomato sauce, mozzarella and parmesan cheese</i> WG Slider Buns</p>
<p>Available Daily: Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches</p>					
	<p>Soft Tacos <i>freshly prepared fiesta-style meat with melted cheese wrapped in a warm soft taco shell</i></p>		<p>Gluten Free Chicken & Cheese Quesadilla <i>quesadilla with chicken strips and cheddar cheese</i></p>	<p>Nachos Grande <i>tortilla chips topped with freshly prepared mexi style meat and cheese sauce</i> 🌱</p>	<p>Veggie Bean Quesadilla <i>hand crafted cheesy quesadilla, stuffed with black beans, onions and sauteed peppers</i> 🌱</p>
<p>Available Daily: Nachos, Crisps and Soft Tacos, Mexi-Rice with your choice of Mexi Beef, Mexi Chicken, Mexi Veg, Refried Beans, Cheese Sauce and Shredded Cheddar Cheese and Shredded Lettuce, Salsa</p>					
	<p>Pasta & Broccoli with Garlic & Oil <i>al dente pasta with broccoli sauteed in garlic and olive oil</i> 🌱 🌱 🌱 Sausage topping 🌱 Served with Whole Grain Dinner Roll</p>		<p>Pasta & Meatballs <i>freshly baked meatballs with tomato sauce over pasta</i> 🌱 🌱 Served with Whole Grain Dinner Roll</p>	<p>Chicken Fajita Mac & Cheese <i>steamy pasta enrobed in creamy cheese sauce topped with diced seasoned chicken prepared in-house</i> 🌱 French Bread</p>	<p>Crispy Popcorn Chicken <i>crispy breaded chicken bites baked to perfection</i> French Bread</p>
	<p>Cheese Pizza <i>crispy pizza dough topped with tomato sauce and melted cheese</i> 🌱 🌱</p>		<p>Tossed Salad Pizza <i>freshly prepared pizza dough lightly brushed with garlic and oil topped with tossed greens, tomatoes, Parmesan cheese and balsamic vinaigrette</i> 🌱 🌱</p>	<p>3 Cheese Stromboli <i>rolled pizza crust stuffed with mozzarella, parmesan and cheddar cheeses</i> 🌱 🌱</p>	<p>Buffalo Chicken Pizza <i>freshly made cheese pizza topped with Buffalo chicken pieces</i> 🌱</p>
<p>Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough</p>					
	<p>Greek Salad <i>romaine lettuce with cucumbers, tomatoes, feta cheese, black olives and red onions</i> 🌱 🌱 Dinner Rolls</p>		<p>Salad Plate With Crispy Chicken <i>fresh garden salad topped with baked crispy chicken</i> 🌱 Dinner Rolls</p>	<p>Garden Salad Entree <i>fresh garden salad topped with meat</i> 🌱 Dinner Rolls</p>	<p>Chicken Caesar Salad <i>fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls</i> 🌱 Dinner Rolls</p>
<p>Available Daily: An array of seasonal produce, grilled chicken and mixed salads. Choice of all natural dressing, whole grain dinner roll and milk.</p>					
	<p>Ham & Cheese Panini <i>thinly sliced ham and melted cheese on panini bread served hot and toasty</i> 🌱</p>		<p>Chicken Caesar Wrap <i>freshly made tortilla wrap filled with sliced chicken, crisp lettuce, and cheese topped with low-fat Caesar dressing</i> 🌱</p>	<p>Grilled Turkey & Bacon Melt <i>goopy cheese with layers of turkey and crisp bacon melted between two slices of toasty bread</i></p>	<p>Buffalo Chicken Wrap <i>warm chicken marinated in Buffalo sauce wrapped in a tortilla with lettuce and tomato</i> 🌱</p>
<p>Available Daily: Assorted cold cuts, cheeses and whole grain rich bread, rolls and wraps along with vegetable toppings</p>					

WHITSON'S School Nutrition **SIMPLY ROOTED** in food & family

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Available daily with salad lunch: protein choice, whole grain item, fruit choice & milk choice

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 VEGETARIAN  MADE WITH NATURAL INGREDIENTS  PORK  MADE WITH ORGANIC INGREDIENTS

Lawrence High School

Welcome to our
Lunch Cafe

11/12/2018 - 11/16/2018

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday

		Steamed Carrots Side Salad Sliced Zucchini Fresh Grapes	Side Salad <i>side salad with tomato and cucumber</i> Green Beans Tomato Salad Strawberry Cup	Side Salad <i>side salad with tomato and cucumber</i> Sriracha Garbanzo Beans Cucumber Coins Pineapple	Side Salad <i>side salad with tomato and cucumber</i> Steamed Broccoli Celery Sticks Fresh Banana
		Philly Cheese Steak <i>thinly sliced beef topped with sauteed peppers, onions and melted cheese on a lightly toasted bun prepared in-house</i> 🍷	Turkey Burger <i>grilled turkey burger on a whole wheat bun with cheese</i>	BBQ Chicken <i>chicken coated in BBQ sauce</i> Whole Wheat Dinner Roll	Blazin Buffalo Chicken Sliders <i>buffalo chicken strips topped with cheddar cheese on mini hamburger buns</i>
Available Daily: Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches					
		Fiesta Taco Salad <i>homemade crunchy tortilla bowl filled with fiesta style beef, crisp cucumbers, tomatoes, lettuce and shredded cheddar cheese</i> 🍷	Nachos Grande <i>tortilla chips topped with freshly prepared mexi style meat and cheese sauce</i> 🍷	Chicken Fajita Wrap <i>seasoned chicken with sauteed onions and peppers topped with tomato, lettuce, and cheese on a tortilla prepared in-house</i> 🍷	Cheese Quesadilla <i>freshly grilled flour tortilla with melty cheese</i> 🍷
Available Daily: Nachos, Crisps and Soft Tacos, Mexi-Rice with your choice of Mexi Beef, Mexi Chicken, Mexi Veg, Refried Beans, Cheese Sauce and Shredded Cheddar Cheese and Shredded Lettuce, Salsa					
		Chicken Fajita Mac & Cheese <i>steamy pasta enrobed in creamy cheese sauce topped with diced seasoned chicken prepared in-house</i> 🍷 Served with Whole Grain Dinner Roll	Chicken Parmesan Sandwich <i>warm chicken patty smothered in tomato sauce, topped with melted cheese assembled in-house on a roll</i>	Barbecue Rib Sandwich <i>warm BBQ rib patty on a bun prepared in-house</i>	Meatball Hero <i>freshly baked meatballs mixed in a rich tomato sauce inside a soft roll topped with melted mozzarella</i> 🍷
		Buffalo Chicken Stromboli <i>handcrafted garlic pizza dough wrapped around zesty buffalo chicken, melted mozzarella cheese, rich tomato sauce and baked to perfection</i> 🍷	Meatball Calzone <i>fresh prepared dough lightly brushed with garlic and oil, rolled with low fat seasoned ricotta and mozzarella cheeses, meatball slices, basil and oregano</i> 🍷	Pepperoni Pizza <i>cheese pizza topped with pepperoni</i> 🍷	Santa Margarita Pizza <i>whole wheat pizza crust topped with shredded mozzarella, plum tomatoes and tomato sauce</i> 🍷
Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough					
		Salad Plate With Crispy Chicken <i>fresh garden salad topped with baked crispy chicken</i> 🍷 Dinner Rolls	Garden Salad Entree <i>fresh garden salad topped with meat</i> 🍷 Dinner Rolls	Garden Salad with Cheese Entree <i>fresh garden salad topped with cheese</i> 🍷 Dinner Rolls	Greek Salad <i>romaine lettuce with cucumbers, tomatoes, feta cheese, black olives and red onions</i> 🍷 Dinner Rolls
Available Daily: An array of seasonal produce, grilled chicken and mixed salads. Choice of all natural dressing, whole grain dinner roll and milk.					
		Chicken Caesar Wrap <i>freshly made tortilla wrap filled with sliced chicken, crisp lettuce, and cheese topped with low-fat Caesar dressing</i> 🍷	Turkey and Cheese Melt <i>thinly sliced turkey breast and melted American cheese on toasty bread</i>	Buffalo Chicken Wrap <i>warm chicken marinated in Buffalo sauce wrapped in a tortilla with lettuce and tomato</i> 🍷	Ham & Cheese Triple Decker Sandwich <i>triple stacked thinly sliced ham, cheese, crisp lettuce and ripe red tomato between 3 slices of soft bread</i> 🍷
Available Daily: Assorted cold cuts, cheeses and whole grain rich bread, rolls and wraps along with vegetable toppings					

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Available daily with salad lunch: protein choice, whole grain item, fruit choice & milk choice

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 VEGETARIAN
  MADE WITH NATURAL INGREDIENTS
  PORK
  MADE WITH ORGANIC INGREDIENTS

Lawrence High School

Welcome to our
Lunch Cafe

11/19/2018 - 11/23/2018

Available Daily: 100% Juice, Apples, Oranges & Bananas, Yogurt Parfait w/ Fresh Fruit &

Grand



Monday

Tuesday

Wednesday

Thursday

Friday



Side Salad
side salad with tomato and cucumber
Green Beans
Cucumber Coins
Fresh Melon Cup

Celery Sticks
Side Salad
Pineapple
Steamed Carrots
Blueberries

Garden Salad
Fresh Baby Carrots
Red Pepper Strips
Fresh Banana

Cantaloupe



Bacon Cheeseburger
burger topped with cheese and bacon on a freshly toasted bun

Turkey Burger
grilled turkey burger on a whole wheat bun

Barbecue Rib Sandwich
warm BBQ rib patty on a bun prepared in-house

Available Daily: Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches



Turkey Taco Salad
baked tortilla shell filled with lettuce, beans, turkey taco meat, pico de gallo, shredded cheddar, and sour cream

Chimichanga
freshly made crispy tortilla filled with Mexican style meat, beans and cheese, topped with sour cream and salsa

Chicken Cheese Quesadilla
hand crafted grilled flour tortilla filled with juicy chicken and melty cheese

Available Daily: Nachos, Crips and Soft Tacos, Mexi-Rice with your choice of Mexi Beef, Mexi Chicken, Mexi Veg, Refried Beans, Cheese Sauce and Shredded Cheddar Cheese and Shredded Lettuce, Salsa



Baked Pasta with Cheese
pasta topped with melted cheese, baked to perfection

Baked Chicken Breast
Baked Chicken Breast
French Bread
Brown Rice

Chicken Stir Fry
chicken stir fry with oriental mixed vegetables in a sesame garlic sauce
Brown Rice
Whole Wheat Dinner Roll



BBQ Chicken Pizza
freshly prepared pizza dough topped with BBQ sauce, mozzarella, cheddar, chicken strips, and red onion

Ham and Cheese Stromboli
Ham and melted cheese wrapped in pizza dough

Three Cheese Calzone
calzone stuffed with three delicious melted cheeses

Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough



Garden Salad Entree
fresh garden salad topped with meat
Dinner Rolls

Garden Salad with Cheese Entree
fresh garden salad topped with cheese
Dinner Rolls

Salad Plate With Crispy Chicken
fresh garden salad topped with baked crispy chicken
Dinner Rolls

Available Daily: An array of seasonal produce, grilled chicken and mixed salads. Choice of all natural dressing, whole grain dinner roll and milk.



Tuna Salad Wrap*
fresh chunky tuna salad with field greens and tomatoes served in a wrap

The Harvest Classic
freshly prepared tortilla wrap with thinly sliced ham, mozzarella cheese, tossed greens and juicy tomatoes

Chicken Caesar Wrap
freshly made tortilla wrap filled with sliced chicken, crisp lettuce, and cheese topped with low-fat Caesar dressing

Available Daily: Assorted cold cuts, cheeses and whole grain rich bread, rolls and wraps along with vegetable toppings



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VEGETARIAN MADE WITH NATURAL INGREDIENTS PORK MADE WITH ORGANIC INGREDIENTS

Lawrence High School

Welcome to our
Lunch Cafe

11/26/2018 - 11/30/2018

MEATLESS MONDAY

	Monday	Tuesday	Wednesday	Thursday	Friday
	Side Salad side salad with tomato and cucumber Fiesta Com Green Pepper Slices Fresh Apple	Side Salad side salad with tomato and cucumber Steamed Carrots Fresh Grapes	Side Salad side salad with tomato and cucumber Sweet Potato Fries Red Pepper Strips Fresh Pear	Side Salad side salad with tomato and cucumber Steamed Broccoli Green Pepper Slices Sliced Oranges	Side Salad side salad with tomato and cucumber Celery & Carrot Sticks w/ Low Fat Dressing Fresh Grapes
	BBQ Chicken Sandwich warm baked chicken smothered in BBQ sauce on a bun and prepared in-house	Chicken Nugget Parm Sliders chicken parmesan minis on slider buns	BLT Burger freshly prepared burger topped with crispy bacon, lettuce, tomato and mayo on a freshly toasted bun 🍷	Meatball Hero freshly baked meatballs mixed in a rich tomato sauce inside a soft roll topped with melted mozzarella 🍷🍷	Bacon Cheeseburger freshly prepared beef patty topped with crispy bacon, crisp lettuce and tomato served on a toasted bun 🍷
Available Daily: Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches					
	Nachos Grande tortilla chips topped with freshly prepared mexi style meat and cheese sauce 🍷	Buffalo Chicken and Cheese Quesadilla fiesta style chicken and cheddar cheese inside a grilled folded tortilla spread with hot sauce	Orange Chicken Taco crispy chicken in an orange sauce folded in a taco shell Nachos Grande 🍷	Fiesta Taco Salad homemade crunchy tortilla bowl filled with fiesta style beef, crisp cucumbers, tomatoes, lettuce and shredded cheddar cheese 🍷	Chicken Fajita Wrap seasoned chicken with sauteed onions and peppers topped with tomato, lettuce, and cheese on a tortilla prepared in-house 🍷
Available Daily: Nachos, Cripsy and Soft Tacos, Mexi-Rice with your choice of Mexi Beef, Mexi Chicken, Beans, Cheese Sauce and Shredded Cheddar Cheese and Shredded Lettuce, Salsa					
	Baked Pasta with Cheese pasta topped with melted cheese, baked to perfection 🍷🍷🍷	Baked Chicken Breast Baked Chicken Breast	Philly Cheese Steak thinly sliced beef topped with sauteed peppers, onions and melted cheese on a lightly toasted bun prepared in-house 🍷	Chicken Fajita Mac & Cheese steamy pasta enrobed in creamy cheese sauce topped with diced seasoned chicken prepared in-house 🍷	General Tso's Chicken crispy chicken with broccoli in General Tso's sauce 🍷 Brown Rice Pilaf
	BBQ Chicken Pizza freshly prepared pizza dough topped with BBQ sauce, mozzarella, cheddar, chicken strips, and red onion 🍷	Meatball Calzone fresh prepared dough lightly brushed with garlic and oil, rolled with low fat seasoned ricotta and mozzarella cheeses, meatball slices, basil and oregano 🍷	Grandma Pizza Sicilian Style pizza dough topped with tomato sauce and melted cheese 🍷🍷	Chicken & Cheese Stromboli Chicken and melted cheese wrapped in pizza dough 🍷	Margherita Pizza freshly prepared dough lightly brushed with garlic and oil, topped with tomato sauce, mozzarella cheese, fresh tomatoes and basil 🍷🍷
Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough					
	Chicken Caesar Salad fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls 🍷 Dinner Rolls	Garden Salad Entree fresh garden salad topped with meat 🍷 Dinner Rolls	Chef Salad fresh lettuce topped with sliced deli meats and cheeses 🍷🍷 Dinner Rolls	Greek Salad romaine lettuce with cucumbers, tomatoes, feta cheese, black olives and red onions 🍷🍷 Dinner Rolls	Garden Salad with Cheese Entree fresh garden salad topped with cheese 🍷🍷 Dinner Rolls
Available Daily: An array of seasonal produce, grilled chicken and mixed salads. Choice of all natural dressing, whole grain dinner roll and milk.					
	Chicken Caesar Wrap freshly made tortilla wrap filled with sliced chicken, crisp lettuce, and cheese topped with low-fat Caesar dressing 🍷	Buffalo Chicken Wrap warm chicken marinated in Buffalo sauce wrapped in a tortilla with lettuce and tomato 🍷	Ham & Cheese Wrap 🍷	Tuna Salad Wrap* fresh chunky tuna salad with field greens and tomatoes served in a wrap 🍷	The Harvest Classic freshly prepared tortilla wrap with thinly sliced ham, mozzarella cheese, tossed greens and juicy tomatoes 🍷
Available Daily: Assorted cold cuts, cheeses and whole grain rich bread, rolls and wraps along with vegetable toppings					

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