

Lawrence High School

Welcome to our
Lunch Cafe

12/3/2018 - 12/7/2018

MEATLESS MONDAY








Monday

Tuesday

Wednesday

Thursday

Friday

	<p>Side Salad side salad with tomato and cucumber Garbanzo Beans Cucumber Coins Fresh Melon Cup</p>	<p>Side Salad side salad with tomato and cucumber Sweet Potato Fries Celery & Carrot Sticks w/ Low Fat Dressing Fresh Grapes</p>	<p>Side Salad side salad with tomato and cucumber Sriracha Garbanzo Beans Cucumber Coins Pineapple</p>	<p>Steamed Carrots Red Pepper Strips Side Salad side salad with tomato and cucumber Fresh Grapes</p>	<p>Steamed Broccoli Celery Sticks Side Salad Fresh Banana</p>
	<p>Cheesy Veggie Burger warm veggie burger topped with melted cheese on a soft bun 🌱🌱🌱</p>	<p>Bacon Cheeseburger burger topped with cheese and bacon on a freshly toasted bun</p>	<p>BBQ Chicken Sandwich warm baked chicken smothered in BBQ sauce on a bun and prepared in-house</p>	<p>Meatball Sliders baked, sliced meatballs topped with tomato sauce, mozzarella and parmesan cheese 🌱🌱</p>	<p>Chicken Nugget & Mozzarella Stick Combo Crispy chicken nuggets and gooey mozzarella sticks served with dipping sauce 🌱</p>
Available Daily: Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches					
	<p>Cheese Quesadilla freshly grilled flour tortilla with melty cheese 🌱</p>	<p>Nachos Grande tortilla chips topped with freshly prepared mexi style meat and cheese sauce</p>	<p>Mexi-Style Mac & Cheese pasta in cheese sauce, topped with taco meat 🌱</p>	<p>Buffalo Chicken and Cheese Quesadilla fiesta style chicken and cheddar cheese inside a grilled folded tortilla spread with hot sauce</p>	<p>Mission Burrito authentic fiesta style meat topped with sour cream, beans, seasoned rice, shredded cheese and crisp lettuce inside a soft tortilla shell assembled in-house 🌱</p>
Available Daily: Nachos, Cripsy and Soft Tacos, Mexi-Rice with your choice of Mexi Beef, Mexi Chicken, Mexi Veg, Black Beans, Cheese					
	<p>Baked Pasta with Cheese pasta topped with melted cheese, baked to perfection 🌱🌱🌱</p>	<p>BBQ Chicken Sauce & Toss popcorn chicken glazed with BBQ sauce</p>	<p>Crispy Popcorn Chicken crispy breaded chicken bites baked to perfection</p>	<p>BBQ Chicken Sandwich warm baked chicken smothered in BBQ sauce on a bun and prepared in-house</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>Three Cheese Calzone calzone stuffed with three delicious melted cheeses 🌱🌱</p>	<p>Meatball Pizza cheese pizza topped with sliced meatball 🌱</p>	<p>Ham and Cheese Stromboli Ham and melted cheese wrapped in pizza dough 🌱</p>	<p>Broccoli Calzone calzone stuffed with melted cheese and sauteed broccoli 🌱🌱</p>	<p>Margherita Pizza freshly prepared dough lightly brushed with garlic and oil, topped with tomato sauce, mozzarella cheese, fresh tomatoes and basil 🌱🌱</p>
Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough					
	<p>Garden Salad with Cheese Entree fresh garden salad topped with cheese 🌱🌱 Whole Wheat Dinner Roll</p>	<p>Salad Plate With Crispy Chicken fresh garden salad topped with baked crispy chicken 🌱 Whole Wheat Dinner Roll</p>	<p>Chef Salad fresh lettuce topped with sliced deli meats and cheeses 🌱🌱 Whole Wheat Dinner Roll</p>	<p>Greek Salad romaine lettuce with cucumbers, tomatoes, feta cheese, black olives and red onions 🌱🌱 Whole Wheat Dinner Roll</p>	<p>Chicken Caesar Salad fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls 🌱 Whole Wheat Dinner Roll</p>
Available Daily: An array of seasonal produce, grilled chicken and mixed salads. Choice of all natural dressing, whole grain dinner roll and					
	<p>Tuna Salad Wrap* fresh chunky tuna salad with field greens and tomatoes served in a wrap 🌱</p>	<p>Turkey and Cheese Melt thinly sliced turkey breast and melted American cheese on toasty bread</p>	<p>Chicken Caesar Wrap freshly made tortilla wrap filled with sliced chicken, crisp lettuce, and cheese topped with low-fat Caesar dressing 🌱</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					

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** 🌱 **P PORK** 🌱 **MADE WITH ORGANIC INGREDIENTS**

Lawrence High School

Welcome to our
Lunch Cafe

12/10/2018 - 12/14/2018

MEATLESS MONDAY








Monday

Tuesday

Wednesday

Thursday

Friday

	Side Salad side salad with tomato and cucumber Fiesta Corn Green Pepper Slices Fresh Apple	Side Salad side salad with tomato and cucumber Steamed Carrots Red Pepper Strips Fresh Pear	Side Salad side salad with tomato and cucumber Sweet Potato Fries Celery & Carrot Sticks w/ Low Fat Dressing Fresh Grapes	Side Salad side salad with tomato and cucumber Garbanzo Beans Cucumber Coins Fresh Melon Cup Cantaloupe	Side Salad side salad with tomato and cucumber Steamed Broccoli Tomato Salad Watermelon Cup
	Bacon Cheeseburger burger topped with cheese and bacon on a freshly toasted bun	Barbecue Rib Sandwich warm BBQ rib patty on a bun prepared in-house	BBQ Chicken Sandwich warm baked chicken smothered in BBQ sauce on a bun and prepared in-house	Cheesy Veggie Burger warm veggie burger topped with melted cheese on a soft bun 🌱🥕🥑	Meatball Sliders baked, sliced meatballs topped with tomato sauce, mozzarella and parmesan cheese WG Slider Buns
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 Fajita Wrap freshly made tortilla stuffed with mexi style meat, rice, onions, peppers and cheese 🥕	Chicken Cheese Quesadilla hand crafted grilled flour tortilla filled with juicy chicken and melty cheese	Veggie Bean Quesadilla hand crafted cheesy quesadilla, stuffed with black beans, onions and sauteed peppers 🌱🥕
Available Daily: Nachos, Crispy and Soft Tacos, Mexi-Rice with your choice of Mexi Beef, Mexi Chicken, Mexi Veg, Refried Beans, Cheese					
	Homemade Mac & Cheese pasta in cheese sauce, garnished with parsley 🌱🥕	General Tso's Chicken crispy chicken with broccoli in General Tso's sauce 🥕	Philly Cheese Steak thinly sliced beef topped with sauteed peppers, onions and melted cheese on a lightly toasted bun prepared in-house 🥕	Pasta & Broccoli with Garlic & Oil al dente pasta with broccoli sauteed in garlic and olive oil 🌱🥕🥑	Crispy Popcorn Chicken crispy breaded chicken bites baked to perfection
	Pepper & Onion Pizza freshly made pizza dough topped with marinara sauce, mozzarella and sauteed peppers and onions 🌱🥕	Three Cheese Calzone calzone stuffed with three delicious melted cheeses 🌱🥕	Tossed Salad Pizza freshly prepared pizza dough lightly brushed with garlic and oil topped with tossed greens, tomatoes, Parmesan cheese and balsamic vinaigrette 🌱🥕	3 Cheese Stromboli rolled pizza crust stuffed with mozzarella, parmesan and cheddar cheeses 🌱🥕	Buffalo Chicken Pizza freshly made cheese pizza topped with Buffalo chicken pieces 🥕
Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough					
	Greek Salad romaine lettuce with cucumbers, tomatoes, feta cheese, black olives and red onions 🌱🥕 Whole Wheat Dinner Roll	Salad Plate With Crispy Chicken fresh garden salad topped with baked crispy chicken 🥕 Whole Wheat Dinner Roll	Garden Salad with Cheese Entree fresh garden salad topped with cheese 🌱🥕 Whole Wheat Dinner Roll	Chicken Caesar Salad fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls 🥕 Whole Wheat Dinner Roll	Chef Salad fresh lettuce topped with sliced deli meats and cheeses 🌱🥕 Whole Wheat Dinner Roll
Available Daily: An array of seasonal produce, grilled chicken and mixed salads. Choice of all natural dressing, whole grain dinner roll and					
	Ham & Cheese Panini thinly sliced ham and melted cheese on panini bread served hot and toasty 🌱	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 🥕	Grilled Turkey & Bacon Melt gooey cheese with layers of turkey and crisp bacon melted between two slices of toasty bread	Ham & Cheese Wrap 🌱
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

12/17/2018 - 12/21/2018

MEATLESS MONDAY








Monday

Tuesday

Wednesday

Thursday

Friday

	Side Salad side salad with tomato and cucumber Sweet Corn Fresh Cucumber Salad Fresh Orange	Steamed Carrots Red Pepper Strips Side Salad side salad with tomato and cucumber Fresh Grapes	Side Salad side salad with tomato and cucumber Green Beans Tomato Salad Fresh Melon Cup	Side Salad side salad with tomato and cucumber Sriracha Garbanzo Beans Cucumber Coins Pineapple	Side Salad side salad with tomato and cucumber Steamed Broccoli Celery Sticks Fresh Banana
	Meatball Hero freshly baked meatballs mixed in a rich tomato sauce inside a soft roll topped with melted mozzarella 🍷🍷	Philly Cheese Steak thinly sliced beef topped with sauteed peppers, onions and melted cheese on a lightly toasted bun prepared in-house 🍷	Turkey Burger grilled turkey burger on a whole wheat bun with cheese Stuffed Bread 🍷	BBQ Chicken chicken coated in BBQ sauce Whole Wheat Dinner Roll	Blazin Buffalo Chicken Sliders buffalo chicken strips topped with cheddar cheese on mini hamburger buns
Available Daily: Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches					
	Chicken Fajita Wrap freshly made tortilla stuffed with mexi style meat, rice, onions, peppers and cheese 🍷	Chicken Cheese Quesadilla hand crafted grilled flour tortilla filled with juicy chicken and melty cheese	Crispy Tacos homemade spicy taco meat inside a crispy taco shell topped with cheese	Soft Tacos freshly prepared fiesta-style meat with melted cheese wrapped in a warm soft taco shell	Gluten Free Burrito burrito with meat, cheddar cheese and shredded lettuce 🍷
Available Daily: Nachos, Crispy and Soft Tacos, Mexi-Rice with your choice of Mexi Beef, Mexi Chicken, Mexi Veg, Refried Beans, Cheese					
	Buffalo Chicken Mac & Cheese pasta in cheese sauce, topped with buffalo style chicken 🍷	Pasta & Meatballs freshly baked meatballs with tomato sauce over pasta 🍷🍷	Chicken Stir Fry chicken stir fry with oriental mixed vegetables in a sesame garlic sauce 🍷	Buffalo Chicken Tenders Buffalo chicken tenders with carrot and celery sticks 🍷	Chicken Parmesan Sandwich warm chicken patty smothered in tomato sauce, topped with melted cheese assembled in-house on a roll
	Three Cheese Pizza freshly made pizza topped with ricotta, mozzarella, and parmesan cheeses 🍷	Buffalo Chicken Stromboli handcrafted garlic pizza dough wrapped around zesty buffalo chicken, melted mozzarella cheese, rich tomato sauce and baked to perfection 🍷	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 🍷	Buffalo Chicken Pizza freshly made cheese pizza topped with Buffalo chicken pieces 🍷	Santa Margarita Pizza whole wheat pizza crust topped with shredded mozzarella, plum tomatoes and tomato sauce 🍷🍷
Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough					
	Garden Salad with Cheese Entree fresh garden salad topped with cheese 🍷🍷 Whole Wheat Dinner Roll	Chicken Caesar Salad fresh chopped romaine topped with baked chicken and croutons, seasoned with black pepper and served with dinner rolls 🍷 Whole Wheat Dinner Roll	Salad Plate With Crispy Chicken fresh garden salad topped with baked crispy chicken 🍷 Whole Wheat Dinner Roll	Garden Salad Entree fresh garden salad topped with meat 🍷 Whole Wheat Dinner Roll	Caesar Salad sliced mozzarella cheese over romaine lettuce, topped with Caesar dressing 🍷🍷 Whole Wheat Dinner Roll
Available Daily: An array of seasonal produce, grilled chicken and mixed salads. Choice of all natural dressing, whole grain dinner roll and					
	Turkey BLT Wrap sliced turkey, bacon, lettuce, and tomato on a wrap 🍷	Vegetarian Hummus Wrap freshly made tortilla wrap spread with hummus and topped with crispy cucumbers, tomatoes, red onions and cheese 🍷🍷	Turkey and Cheese Melt thinly sliced turkey breast and melted American cheese on toasty bread	South of the Border Wrap warm chicken, seasoned rice, and cheddar cheese wrapped in a tortilla 🍷	Ham & Cheese Triple Decker Sandwich triple stacked thinly sliced ham, cheese, crisp lettuce and ripe red tomato between 3 slices of soft bread 🍷🍷
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

12/24/2018 - 12/28/2018

**MEATLESS
MONDAY**

Monday

Tuesday

Wednesday

Thursday

Friday

Healthy
HARVEST

Miss
RUBY'S
GRILL

Coyote
GRILL

World
MARKET

La
CUCINA

Fresh
FROM THE
GARDEN

Great
AMERICAN
SANDWICH CO.

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

Available Daily: Nachos, Crispy and Soft Tacos, Mexi-Rice with your choice of Mexi Beef, Mexi Chicken, Mexi Veg, Refried Beans, Cheese

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

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

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



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MADE WITH NATURAL INGREDIENTS



PORK



MADE WITH ORGANIC INGREDIENTS

Lawrence High School

Welcome to our
Lunch Cafe

12/31/2018 - 12/31/2018





Monday

Tuesday

Wednesday

Thursday

Friday

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



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VEGETARIAN



MADE WITH NATURAL INGREDIENTS



PORK



MADE WITH ORGANIC INGREDIENTS