

Lawrence High School

3/1/2018 - 3/2/2018

Welcome to our
Lunch Cafe

Monday

Tuesday

Wednesday

Thursday

Friday



			Side Salad <i>side salad with tomato and cucumber</i> Green Beans Cucumber Coins Melon Cup WATERMELON	Steamed Broccoli Celery Sticks Side Salad Fresh Banana
Available Daily: Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches				
			Philly Cheese Sandwich <i>beef topped with sauteed peppers, onions and melted cheese on a lightly toasted bun</i> 🍷	Chicken Nugget & Mozzarella Stick Combo <i>Crispy chicken nuggets and gooey mozzarella sticks served with dipping sauce</i> 🍷
Available Daily: Nachos, Cripsy and Soft Tacos, Mexi-Rice with your choice of Mexi Beef, Mexi Chicken, Mexi Veg, Black Beans, Cheese				
			Nachos Grande <i>tortilla chips topped with mexi style meat and cheese sauce</i> 🍷	Fiesta Taco Salad <i>a crunchy tortilla bowl filled with fiesta style beef, cucumber, tomato, lettuce, and cheddar</i> 🍷
Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough				
			Roasted Turkey with Gravy <i>oven roasted turkey breast smothered with gravy</i> Garlic Bread	Buffalo Chicken Mac & Cheese <i>pasta in cheese sauce, topped with buffalo style chicken and garnished with parsely</i> 🍷
			Chicken & Cheese Stromboli <i>Chicken and melted cheese wrapped in pizza dough</i> 🍷	Margherita Pizza <i>pizza dough topped with tomato sauce, mozzarella, fresh tomatoes and basil</i> 🌱 🍷
Available Daily: Fresh Garden Salad made to order with seasonal vegetables, choice of shredded mozzarella or cheddar				
			Mexican Salad <i>Salad with beans, corn, sour cream, and salsa</i> 🍷 Dinner Rolls 🌱 🍷	Garden Salad Entree <i>fresh garden salad topped with meat</i> P 🍷 Dinner Rolls 🌱 🍷
Available Daily: Assorted cold cuts, cheeses and whole grain rich bread, rolls and wraps along with vegetable toppings				
			Turkey & Cheese Panini <i>turkey, cheese, lettuce and tomato panini grilled to perfection</i> 🍷	Classic Harvest Wrap <i>ham, mozzarella cheese, tossed greens and tomatoes wrapped in a wrap</i> P 🍷



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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 ALL NATURAL INGREDIENTS
 PORK
 VEGAN
 MADE WITH ORGANIC INGREDIENTS

Lawrence High School

3/5/2018 - 3/9/2018

Welcome to our
Lunch Cafe

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
Side of Carrots
Red Pepper Strips
Fresh Pear

Side Salad
side salad with tomato and cucumber
Sweet Potato Fries
Veggie Dippers
Fresh Grapes

Side Salad
side salad with tomato and cucumber
Garbanzo Beans
Cucumber Coins
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

Buffalo Burger
grilled burger topped with hot sauce and blue cheese with lettuce and tomato on a bun 🍴

BBQ Chicken Sandwich
baked chicken smothered in BBQ sauce on a bun
French Bread

Veggie Burger with Cheese
veggie burger topped with cheese on 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
crispy tortilla filled with mexican style meat, beans and cheese, topped with sour cream and salsa 🍴

Gluten Free Chicken & Cheese Quesadilla
quesadilla with chicken strips and cheddar cheese

Nachos Grande
tortilla chips topped with mexi style meat and cheese sauce 🍴

Veggie Bean Quesadilla
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



St. Louis BBQ Rib Sandwich*
boneless ribs in bbq sauce with cheddar and onion rings on a bun

Baked Chicken Breast
Baked Chicken Breast
French Bread

Pasta & Meatballs
freshly baked meatballs with tomato sauce over pasta 🍴🍴

Served with Whole Grain Dinner Roll

Chicken Fajita Mac & Cheese
pasta in cheese sauce, topped with fajita style chicken 🍴
French Bread

Popcorn Chicken
breaded chicken bites baked to perfection
French Bread



Pepperoni Pizza Pops
garlic pizza dough stuffed with mozzarella cheese, tomato sauce, pepperoni and spices 🍴

Three Cheese Calzone
calzone stuffed with three delicious melted cheeses 🌱🍴

Tossed Salad Pizza
pizza dough topped with tossed greens, tomatoes and balsamic vinaigrette 🌱🍴

3 Cheese Stromboli
rolled pizza crust stuffed with mozzarella, parmesan and cheddar cheeses 🌱🍴

Buffalo Chicken Pizza
cheese pizza topped with Buffalo chicken pieces 🍴

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



Turkey Salad Plate with Dinner Rolls
classic turkey salad on a bed of greens with carrots, cucumbers, and tomatoes 🍴

Greek Salad
romaine lettuce with cucumbers, tomatoes, feta cheese, black olives and red onions 🌱🍴
Dinner Rolls 🌱🍴

Buffalo Chicken Salad with Dinner Rolls
spicy chicken on a bed of romaine lettuce with cucumbers, carrots and tomatoes 🍴
Dinner Rolls 🌱🍴

Chef Salad
fresh lettuce topped with sliced deli meats and cheeses 🍴
Dinner Rolls 🌱🍴

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

Fresh Garden Salad made to order with seasonal vegetables served with choice of shredded mozzarella, cheddar



Ham & Cheese Panini
thinly sliced ham and melted cheese on panini bread served hot and toasty 🍴

Chicken Caesar Wrap
Caesar salad with crispy chicken in a wrap 🍴

American Combo Sandwich
thinly sliced deli meat and cheese sandwich 🍴

Grilled Turkey & Bacon Melt
gooey cheese with layers of turkey and crisp bacon melted between two slices of toasty bread

Egg Salad Sandwich
fresh mixed egg salad on assorted bread options 🍴

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 ALL NATURAL INGREDIENTS 🍴 PORK 🌱 VEGAN 🍴 MADE WITH ORGANIC INGREDIENTS

Lawrence High School

3/12/2018 - 3/16/2018

Welcome to our
Lunch Cafe





	Monday	Tuesday	Wednesday	Thursday	Friday
	Side Salad <i>side salad with tomato and cucumber</i> Fiesta Corn Green Pepper Slices Fresh Apple	Side of Carrots Red Pepper Strips Side Salad 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
	BBQ Chicken Sandwich <i>baked chicken smothered in BBQ sauce on a bun</i>	Philly Cheese Sandwich <i>beef topped with sauteed peppers, onions and melted cheese on a lightly toasted bun</i>	Stuffed Bread Sticks <i>baked bread sticks filled with melted 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					
	Organic Bean & Cheese Burrito <i>organic pinto beans and cheddar cheese burrito</i> Nachos Grande	Fiesta Taco Salad <i>a crunchy tortilla bowl filled with fiesta style beef, cucumber, tomato, lettuce, and cheddar</i>	Nachos Grande <i>tortilla chips topped with 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</i>	Cheese Quesadilla <i>freshly grilled flour tortilla with melty cheese</i>
Available Daily: Nachos, Crispy and Soft Tacos, Mexi-Rice with your choice of Mexi Beef, Mexi Chicken, Mexi Veg, Refried Beans, Cheese					
	Tangerine Chicken <i>WG breaded chicken in a tangerine sauce</i> Brown Rice	Chicken Fajita Mac & Cheese <i>pasta in cheese sauce, topped with fajita style chicken</i> Served with Whole Grain Dinner Roll	Chicken Parm Sandwich <i>chicken patty topped with melted cheese and tomato sauce on a roll</i>	BBQ Rib Sandwich <i>BBQ rib patty on a bun</i>	Meatball Parmesan Sandwich <i>warm meatballs on a roll, topped with tomato sauce and melted mozzarella cheese</i>
	BBQ Chicken Pizza <i>pizza dough topped with BBQ sauce, mozzarella, cheddar, chicken strips, and red onion</i>	Buffalo Chicken Stromboli <i>zesty buffalo chicken with mozzarella cheese and pizza sauce wrapped in garlic pizza dough</i>	Meat and Cheese Calzone <i>calzone stuffed with delicious italian meats and melted cheeses</i>	Buffalo Chicken Stromboli <i>zesty buffalo chicken with mozzarella cheese and pizza sauce wrapped in garlic pizza dough</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	Chicken Caesar Salad <i>fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls</i> Dinner Rolls	Greek Salad <i>romaine lettuce with cucumbers, tomatoes, feta cheese, black olives and red onions</i> Dinner Rolls	Spinach Salad <i>spinach topped with crumbled bacon, mushrooms, and red onion</i> Shredded Mozzarella Cheese Dinner Rolls	Garden Salad Entree <i>fresh garden salad topped with meat</i> Dinner Rolls
Fresh Garden salad made to order served with seasonal vegetables, choice of shredded cheddar or mozzarella cheese,					
	Chicken Caesar Wrap <i>Caesar salad with crispy chicken in a wrap</i>	Vegetarian Wrap <i>cheese, cucumbers, tomatoes, and red onions on a tortilla wrap spread with hummus</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					

 **SIMPLY ROOTED**
in food & family

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 VEGETARIAN  MADE WITH ALL NATURAL INGREDIENTS  PORK  VEGAN  MADE WITH ORGANIC INGREDIENTS

Lawrence High School

3/19/2018 - 3/23/2018

Welcome to our
Lunch Cafe

Monday

Tuesday

Wednesday

Thursday

Friday



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

Celery Sticks
Side Salad
Side of Carrots
Pineapple

Side Salad
side salad with tomato and cucumber
Sweet Potato Fries
Veggie Dippers
Fresh Grapes

Side Salad
side salad with tomato and cucumber
Garbanzo Beans
Peas
Fresh Orange

Side Salad
side salad with tomato and cucumber
Steamed Broccoli
Celery Sticks
Fresh Banana



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

Buffalo Burger
grilled burger topped with hot sauce and blue cheese with lettuce and tomato on a bun

BBQ Chicken Sandwich
baked chicken smothered in BBQ sauce on a bun
French Bread

Veggie Burger with Cheese
veggie burger topped with cheese on bun
Turkey Burger

Meatball Sliders
baked, sliced meatballs topped with tomato sauce, mozzarella and parmesan cheese

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
crispy tortilla filled with mexican style meat, beans and cheese, topped with sour cream and salsa

Chicken Fajita Wrap
seasoned chicken with sauteed onions and peppers topped with tomato, lettuce, and cheese on a tortilla

Nachos Grande
tortilla chips topped with mexi style meat and cheese sauce

Veggie Bean Quesadilla
cheesy quesadilla, stuffed with black beans, onions and sauteed peppers

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



St. Louis BBQ Rib Sandwich*
boneless ribs in bbq sauce with cheddar and onion rings on a bun

Baked Chicken Breast
Baked Chicken Breast
French Bread

Pasta & Meatballs
freshly baked meatballs with tomato sauce over pasta

Chicken Fajita Mac & Cheese
pasta in cheese sauce, topped with fajita style chicken
French Bread

Popcorn Chicken
breaded chicken bites baked to perfection
French Bread



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

Pizza Salad
tomatoes, carrots, cucumbers, mozzarella cheese and pepperoni on a bed of mixed greens
Pizza Dough with the above vegetables and pepperoni

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
pizza dough topped with tomato sauce, mozzarella, fresh tomatoes and basil

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



Turkey Salad Plate with Dinner Rolls
classic turkey salad on a bed of greens with carrots, cucumbers, and tomatoes
Dinner Rolls

Mexican Salad
Salad with beans, corn, sour cream, and salsa
Dinner Rolls

Garden Salad Entree
fresh garden salad topped with meat
Dinner Rolls

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

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

Fresh Garden Salad with seasonale vegetables, your protein choice of Ham, Turkey, Chicken or Hard Boiled Egg, all served with Dinner Rolls



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

Classic Harvest Wrap
ham, mozzarella cheese, tossed greens and tomatoes wrapped in a wrap

American Combo Sandwich
thinly sliced deli meat and cheese sandwich

Grilled Turkey & Bacon Melt
goeey cheese with layers of turkey and crisp bacon melted between two slices of toasty bread

Egg Salad Wrap
freshly made egg salad with lettuce and tomato in a 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 ALL NATURAL INGREDIENTS PORK VEGAN MADE WITH ORGANIC INGREDIENTS

Lawrence High School

Welcome to our
Lunch Cafe

3/26/2018 - 3/30/2018

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
Side of Carrots
Fresh Grapes

Side Salad
side salad with tomato and cucumber
Sweet Potato Fries
Red Pepper Strips
Fresh Pear



BBQ Chicken Sandwich
baked chicken smothered in BBQ sauce on a bun

Chicken Nugget Parm Sliders
chicken parmesan minis on slider buns

BLT Burger
burger topped with bacon, lettuce and tomato on a freshly toasted bun

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



Organic Bean & Cheese Burrito
organic pinto beans and cheddar cheese burrito

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

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



Tangerine Chicken
WG breaded chicken in a tangerine sauce
Brown Rice

Meatball Parmesan Sandwich
warm meatballs on a roll, topped with tomato sauce and melted mozzarella cheese

St. Louis BBQ Rib Sandwich*
boneless ribs in bbq sauce with cheddar and onion rings on a bun



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

Pizza Salad
tomatoes, carrots, cucumbers, mozzarella cheese and pepperoni on a bed of mixed greens
Pizza Dough Topped with the above vegetables and pepperoni

Grandma Pizza Sicilian Style
pizza dough topped with tomato sauce and melted cheese

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



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

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

Tuna Salad Plate
garden salad topped with freshly made tuna salad
Dinner Rolls

Fresh Garden Salad made to order with seasonal vegetables served with choice of shredded mozzarella, cheddar cheese, Protein choice of Ham Turkey, hard Boiled Egg or Chicken served with



Chicken Caesar Wrap
Caesar salad with crispy chicken in a wrap

Buffalo Chicken Wrap
warm chicken marinated in Buffalo sauce wrapped in a tortilla with lettuce and tomato

Egg Salad Wrap
freshly made egg salad with lettuce and tomato in a wrap

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 PORK
 VEGAN
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