



Lawrence High School

6/1/2018 - 6/1/2018

Welcome to our
Lunch Cafe

	Monday	Tuesday	Wednesday	Thursday	Friday
	Summer Meal Services Five Town Community Center 270 Lawrence Ave, Lawrence NY 516. 239-6244				Side Salad <i>side salad with tomato and cucumber</i> Steamed Broccoli Celery Sticks Fresh Banana
Fresh, Chilled Fruit and 100 Juice available daily					
					Buffalo Burger <i>grilled burger topped with hot sauce and blue cheese with lettuce and tomato on a bun</i> 🍔 Cheesy Veggie Burger 🌱 Served on WG Bun
Available Daily: Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches served on WG Bun					
					Veggie Bean Quesadilla <i>hand crafted cheesy quesadilla, stuffed with black beans, onions and sauteed peppers</i> 🌱🍔
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* <i>boneless ribs in bbq sauce with cheddar and onion rings on a bun</i> Served on WG Club Roll
					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> 🍔
Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough					
					Mexican Salad <i>Salad with beans, corn, sour cream, and salsa</i> 🍔 WG Dinner Rolls
					Chicken Caesar Wrap <i>freshly made tortilla wrap filled with sliced chicken, crisp lettuce, and cheese topped with low-fat Caesar dressing</i> 🍔
Available Daily: Assorted Boars Head cold cuts, cheeses and whole grain rich bread, rolls and wraps along with vegetable toppings					

WHITSON'S
School Nutrition

SIMPLY ROOTED

in food & family

Our menus are healthy, nutritious and flavorful, made from wholesome ingredients. At Whitsons, we have very high ingredient standards and strict procedures in place to make sure of it! We also offer gluten and allergen free foods. Visit www.Whitsons.com to see all that we are doing at your school to keep our young customers healthy!

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

***Consuming raw or under cooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions. Menu is subject to change, notice posted when available. If you have any questions or would like additional information regarding this menu, please contact the food service director. This institution is an equal opportunity provider.

 VEGETARIAN
  MADE WITH NATURAL INGREDIENTS
  PORK
  VEGAN
  MADE WITH ORGANIC INGREDIENTS

Lawrence High School

6/4/2018 - 6/8/2018

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 Salad <i>side salad with tomato and cucumber</i> Steamed Carrots Red Pepper Strips Fresh Pear	Side Salad <i>side salad with tomato and cucumber</i> Sweet Potato Fries Celery & Carrot Sticks w/ Low Fat Dressing Fresh Grapes	Side Salad <i>side salad with tomato and cucumber</i> Garbanzo Beans Cucumber Coins Fresh Melon Cup Cantaloupe	Side Salad <i>side salad with tomato and cucumber</i> Steamed Broccoli Tomato Salad Watermelon Cup
	Fresh, chilled Fruit, 100% Juice area available daily				
	Cheesy Veggie Burger <i>warm veggie burger topped with melted cheese on a soft bun</i>	Buffalo Burger <i>grilled burger topped with hot sauce and blue cheese with lettuce and tomato on a bun</i>	BBQ Chicken Sandwich <i>warm baked chicken smothered in BBQ sauce on a bun and prepared in-house</i>	Turkey Burger <i>grilled turkey burger on a whole wheat bun with cheese</i> Spicy Chicken Sandwich	Meatball Sliders <i>baked, sliced meatballs topped with tomato sauce, mozzarella and parmesan cheese</i>
	Served on WW Bun	Served on WW Bun	Served on WW Bun	Served on WW Bun	WW Slider Buns
	Available Daily: Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches all served				
	Organic Veggie Burrito <i>organic pinto beans and shredded cheddar cheese wrapped in a warm tortilla</i>	Chimichanga <i>freshly made crispy tortilla filled with Mexican style meat, beans and cheese, topped with sour cream and salsa</i> Nachos Grande Ground Turkey	Gluten Free Chicken & Cheese Quesadilla <i>quesadilla with chicken strips and cheddar cheese</i> Nachos Grande	Nachos Grande <i>tortilla chips topped with freshly prepared mexi style meat and cheese sauce</i> Ground Turkey	Veggie Bean Quesadilla <i>hand crafted cheesy quesadilla, stuffed with black beans, onions and sauteed peppers</i> Nachos Grande
	Available Daily: Nachos, Cripsy and Soft Tacos, Mex-Rice with your choice of Mex Beef, Mex Chicken, Mex Veg, Refried Beans, Cheese Sauce and Shredded Cheddar Cheese and Shredded Lettuce, Salsa				
	Baked Pasta with Cheese <i>pasta topped with melted cheese, baked to perfection</i> French Bread	Baked Chicken Breast <i>Baked Chicken Breast</i> French Bread	Pasta & Meatballs <i>freshly baked meatballs with tomato sauce over pasta</i> Served with WW Dinner Roll	Chicken Fajita Mac & Cheese <i>steamy pasta enrobed in creamy cheese sauce topped with diced seasoned chicken prepared in-house</i> French Bread	Crispy Popcorn Chicken <i>crispy breaded chicken bites baked to perfection</i> French Bread
	Pizza Calzone <i>folded whole grain pizza dough filled with ricotta cheese and caramelized onions</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>	Pizza with Black Olives <i>cheese pizza topped with black olives</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>	Chicken Parmesan Calzone <i>freshly prepared dough lightly brushed with oil & garlic stuffed with chicken breast topped with tomato sauce, mozzarella & Parmesan cheese</i>
	Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough				
	Greek Salad <i>romaine lettuce with cucumbers, tomatoes, feta cheese, black olives and red onions</i> WW Dinner Rolls	Salad Plate With Crispy Chicken <i>fresh garden salad topped with baked crispy chicken</i> WW Dinner Rolls	Buffalo Chicken Salad <i>with Dinner Rolls</i> spicy chicken on a bed of romaine lettuce with cucumbers, carrots and tomatoes 	Chef Salad <i>fresh lettuce topped with sliced deli meats and cheeses</i> WW Dinner Rolls	Salad Plate With Crispy Chicken <i>fresh garden salad topped with baked crispy chicken</i> WW Dinner Rolls
	Fresh Garden Salad made to order with seasonal vegetables served with choice of shredded mozzarella, cheddar cheese, protein choice, hard boiled egg, turkey.				
	Buffalo Chicken Wrap <i>warm chicken marinated in Buffalo sauce wrapped in a tortilla with lettuce and tomato</i>	Egg Salad Wrap <i>freshly made egg salad with lettuce and tomato in a soft tortilla wrap</i>	Tuna Salad Wrap* <i>fresh chunky tuna salad with field greens and tomatoes served in a wrap</i>	Grilled Turkey & Bacon Melt <i>gooey cheese with layers of turkey and crisp bacon melted between two slices of toasty bread</i>	Fish Fillet with Cheese Sandwich <i>warm sandwich prepared in-house, topped with crispy fish fillet and melted cheese</i>
	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

Our menus are healthy, nutritious and flavorful, made from wholesome ingredients. At Whitsons, we have very high ingredient standards and strict procedures in place to make sure of it! We also offer gluten and allergen free foods. Visit www.Whitsons.com to see all that we are doing at your school to keep our young customers healthy!

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

***Consuming raw or under cooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions. Menu is subject to change, notice posted when available. If you have any questions or would like additional information regarding this menu, please contact the food service director. This institution is an equal opportunity provider.

 VEGETARIAN
  MADE WITH NATURAL INGREDIENTS
  PORK
  VEGAN
  MADE WITH ORGANIC INGREDIENTS

Lawrence High School

Welcome to our
Lunch Cafe

6/11/2018 - 6/11/2018

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday



Side Salad
side salad with tomato and
cucumber
Fiesta Corn
Green Pepper Slices
Fresh Apple

Fresh, Chilled or 100% Juice available daily



Cheesy Veggie Burger
warm veggie burger
topped with melted cheese
on a soft bun

WW Bun

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



Organic Veggie Burrito
organic pinto beans and
shredded cheddar cheese
wrapped in a warm tortilla

Available Daily: Nachos, Cripsy 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



Tangerine Chicken
WG breaded chicken in a
tangerine sauce
Brown Rice



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

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

WW Dinner Rolls

Fresh Garden salad made to order served with seasonal vegetables, choice of shredded cheddar or mozzarella cheese, protein choice Hard Boiled Egg, Turkey, Ham



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



SIMPLY ROOTED
in food & family

Our menus are healthy, nutritious and flavorful, made from wholesome ingredients. At Whitsons, we have very high ingredient standards and strict procedures in place to make sure of it! We also offer gluten and allergen free foods. Visit www.Whitsons.com to see all that we are doing at your school to keep our young customers healthy!

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

***Consuming raw or under cooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions. Menu is subject to change, notice posted when available. If you have any questions or would like additional information regarding this menu, please contact the food service director. This institution is an equal opportunity provider.

VEGETARIAN MADE WITH NATURAL INGREDIENTS PORK VEGAN MADE WITH ORGANIC INGREDIENTS