

Lawrence High School

Welcome to our
Lunch Cafe

9/4/2018 - 9/7/2018

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday



Available Daily: Hummus with Pita Chips & Veggies, Yogurt Parfait w/ Fruit & Granola, Fresh made to order Smoothies



BBQ Chicken Sandwich
warm baked chicken
smothered in BBQ sauce
on a bun and prepared in-
house

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

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

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

Served on Wg Bun

Served on WG Bun

Served on WG Bun

Served on WG Bun

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



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

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

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

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



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

Crispy Popcorn Chicken
crispy breaded chicken
bites baked to perfection
French Bread

Pasta & Meatballs
freshly baked meatballs
with tomato sauce over
pasta
Garlic Bread

General Tso's Chicken
crispy chicken with broccoli
in General Tso's sauce
Yellow Rice



Chicken & Cheese
Stromboli
Chicken and melted
cheese wrapped in pizza
dough

Santa Margarita Pizza
whole wheat pizza crust
topped with shredded
mozzarella, plum
tomatoes and tomato
sauce

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

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



House Chop Salad with
Ham & Dinner Rolls
ham, tomatoes, and red
peppers on a bed of lettuce
served with Italian
dressing

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

Garden Salad Entree
fresh garden salad topped
with meat

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



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

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

Grilled Turkey & Bacon
Melt
gooey 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
soft tortilla wrap

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



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

***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 MADE WITH ORGANIC INGREDIENTS

Lawrence High School

Welcome to our
Lunch Cafe

9/10/2018 - 9/14/2018



Monday **Tuesday** **Wednesday** **Thursday** **Friday**



NO School

Religious Holiday

No School

Religious Holiday

Celery Sticks
Sweet Potato Fries
Cucumber Coins
Sliced Oranges

Celery Sticks
Black Beans
Red Pepper Strips
Green Pepper Slices
Salsa
Fresh Apple
NY State Apples

Celery Sticks
Fluffy Mashed Potatoes
Roasted Squash
Strawberry Cup

Fresh, chilled Fruit, 100% Juice area available daily



BBQ Chicken Sandwich
warm baked chicken smothered in BBQ sauce on a bun and prepared in-house

Served on WW Bun

Turkey Burger
grilled turkey burger on a whole wheat bun with cheese
Spicy Chicken Sandwich

Served on WW Bun

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

WW Slider Buns

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



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

Soft Tacos
freshly prepared fiesta-style meat with melted cheese wrapped in a warm soft taco shell

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



Meatball Sliders
baked, sliced meatballs topped with tomato sauce, mozzarella and parmesan cheese
Served with WW Dinner Roll

Chicken Fajita Mac & Cheese
steamy pasta enrobed in creamy cheese sauce topped with diced seasoned chicken prepared in-house
French Bread

Roasted Turkey with Gravy
oven roasted turkey breast smothered with gravy
Garlic Bread



Pizza with Black Olives
cheese pizza topped with black olives

Buffalo Chicken Stromboli
handcrafted garlic pizza dough wrapped around zesty buffalo chicken, melted mozzarella cheese, rich tomato sauce and baked to perfection

Chicken Parmesan Calzone
freshly prepared dough lightly brushed with oil & garlic stuffed with chicken breast topped with tomato sauce, mozzarella & Parmesan cheese

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



WW

WW

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

Chef Salad
fresh lettuce topped with sliced deli meats and cheeses

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

Fresh Garden Salad made to order with seasonal vegetables served with choice of shredded mozzarella, cheddar cheese, protein choice, hard boiled egg, turkey.



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

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

Greek Chicken Flatbread
grilled flatbread with greek style chicken, topped with feta and mozzarella cheeses, roasted red peppers and spinach

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

9/17/2018 - 9/21/2018

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday



Celery Sticks
Roasted Cabbage,
Zucchini & Onion
Fresh Baby Carrots
Fresh Orange

Celery Sticks
Crispy Tator Tots
Grape Tomatoes
Fresh Apple

No School

Religious Holiday

Celery Sticks
Garbanzo Beans
Corn Bread Stuffing
Spinach Salad
Fresh Melon Cup

Steamed Broccoli
Sautéed Onions &
Peppers
Fresh Banana

Fresh, Chilled or 100% Juice available daily



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

WW Bun

Philly Style Sliders
beef, sautéed onions and
cheese on mini hamburger
buns 🌱

BBQ Chicken
chicken coated in BBQ
sauce
French Bread
Yellow Rice

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 served



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

Fiesta Taco Salad
homemade crunchy tortilla
bowl filled with fiesta style
beef, crisp cucumbers,
tomatoes, lettuce and
shredded cheddar cheese
🌱

Ground Turkey

Chicken Fajita Wrap
seasoned chicken with
sauteed onions and
peppers topped with
tomato, lettuce, and
cheese on a tortilla
prepared in-house 🌱

Nachos Grande
tortilla chips topped with
freshly prepared mexi style
meat and cheese sauce 🌱
Cheese Quesadilla 🌱

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
pasta topped with melted
cheese, baked to
perfection 🌱🌱🌱
Whole Wheat Dinner Roll

Homemade Mac &
Cheese
pasta in cheese sauce,
garnished with parsley 🌱
🌱
Whole Wheat Dinner Roll

Served with Whole Grain
Dinner Roll

Chicken Nugget &
Mozzarella Stick Combo
Crispy chicken nuggets
and gooeey mozzarella
sticks served with dipping
sauce 🌱

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

served on WW Kaiser Roll



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

Buffalo Chicken
Stromboli
handcrafted garlic pizza
dough wrapped around
zesty buffalo chicken,
melted mozzarella
cheese, rich tomato sauce
and baked to perfection 🌱

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

Chicken & Cheese
Stromboli
Chicken and melted
cheese wrapped in pizza
dough 🌱

Santa Margarita Pizza
whole wheat pizza crust
topped with shredded
mozzarella, plum
tomatoes and tomato
sauce 🌱🌱
Pizza Calzone 🌱🌱



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

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

Spinach Salad
spinach topped with
crumbled bacon,
mushrooms, and red
onion 🌱
Shredded Mozzarella
Cheese
WW Dinner Rolls

Garden Salad Entree
fresh garden salad topped
with meat 🌱

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 🌱

Vegetarian Hummus
Wrap
freshly made tortilla wrap
spread with hummus and
topped with crispy
cucumbers, tomatoes, red
onions and cheese 🌱🌱

Meat with Cheese Wrap
tortilla wrap with meat,
cheese, lettuce, and
tomato 🌱

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

9/24/2018 - 9/28/2018

MEATLESS MONDAY

Monday Tuesday Wednesday Thursday Friday



Celery Sticks
Steamed Broccoli
Red Pepper Strips
Fresh Melon Cup

Roasted Vegetables
Roasted vegetables with cauliflower, cabbage, and broccoli
Fresh Broccoli
Pineapple

Celery Sticks
Mexican Style Rice
Salsa
Fiesta Corn
Black Beans
Fresh Apple
NY State Apple

Celery Sticks
Oven Baked Fries
Fresh Pear

Caesar Salad
fresh romaine lettuce topped with parmesan cheese and Caesar dressing on the side
Cucumber Coins
Strawberry Cup

Fresh, Chilled Fruit and 100% Juice available daily



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

served on WW Bun

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

served on WW Bun

BBQ Chicken Sandwich
warm baked chicken smothered in BBQ sauce on a bun and prepared in-house

served on WW Bun

Middle Eastern Veggie Burger
hand crafted veggie burger topped with creamy hummus, crisp lettuce and tomato on top a soft bun

Served on WW Bun

Meatball Hero
freshly baked meatballs mixed in a rich tomato sauce inside a soft roll topped with melted mozzarella

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



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
seasoned chicken with sauteed onions and peppers topped with tomato, lettuce, and cheese on a tortilla prepared in-house

ground turkey

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

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 Sauce and Shredded Cheddar Cheese and Shredded Lettuce, Salsa



Pasta & Broccoli with Garlic & Oil
al dente pasta with broccoli sauteed in garlic and olive oil
Shredded Mozzarella Cheese
Whole Wheat Dinner Roll

Baked Chicken Breast
Baked Chicken Breast
French Bread

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

Rainbow Grilled Cheese
golden toasted bread with gooey melted American and mozzarella cheese prepared in-house
Tomato Soup
Or Homemade Chicken Soup

Crispy Popcorn Chicken
crispy breaded chicken bites baked to perfection
French Bread



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

Meat and Cheese Stromboli
chopped meat and melted cheese wrapped in pizza dough

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
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



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

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

Garden Salad Entree
fresh garden salad topped with meat

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

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

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



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

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

Grilled Turkey & Bacon Melt
gooey 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 soft tortilla 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** **P PORK** **MADE WITH ORGANIC INGREDIENTS**