

Welcome to our Lunch Cafe at...

Lawrence Middle School

January 2019

MEATLESS MONDAY

Monday

HARVEST
of the **MONTH**



Tuesday



Wednesday

2 Chicken Nuggets
Dinner Rolls
Steamed Spinach
Fresh Banana

Thursday

3 BBQ Chicken Sauce & Toss
French Bread
Chili Roasted Garbanzo Beans
Caesar Salad
Fresh Melon Cup

Watermelon

Friday

4 Stuffed Bread
baked bread sticks filled with melted cheese
Chilled Pizza Sauce
Green Beans
Celery
Applesauce

7 Meatball Hero
Cauliflower Popcorn
Fresh Grapes

WG Roll

8 Cheese Quesadilla
Baked Beans
Red Pepper Strips
Fresh Grapes

9 Homemade Mac & Cheese
Grape Tomatoes
Green Beans
Fresh Apple

10 Baked Chicken Breast
Baked Chicken Breast
Brown Rice
Sweet Corn
Fresh Pear

11 Meatball Stromboli
Steamed Broccoli
Fresh Baby Carrots
Fresh Apple

14 General Tso's Chicken
Brown Rice
Black Beans
Green Beans
Fresh Pear

15 Baked Pasta with Cheese
French Bread
Steamed Carrots
Garden Salad
Strawberry Cup

16 Spicy Chicken Sandwich
Green Pepper Slices
Oven Baked Fries
Pineapple

17 Beef and Cheese Quesadilla
Red Pepper Strips
Chili Roasted Garbanzo Beans
Fresh Melon Cup
Cantaloupe

18 Barbecue Rib Sandwich
warm BBQ rib patty on a bun prepared in-house
Sliced Zucchini
Cucumber Coins
Fresh Banana

21

MARTIN LUTHER KING JR. DAY

22 Turkey and Cheese Melt
Sweet Potato Fries
Caesar Salad
Fresh Grapes

on WG Bread

23 Bacon Cheeseburger
burger topped with cheese and bacon on a freshly toasted bun
Grape Tomatoes
Green Beans
Sliced Oranges

24 Philly Cheese Steak
Steamed Broccoli
Fresh Apple

WG Roll

25 3 Cheese Stromboli
Sweet Corn
Fresh Orange

28 Crispy Popcorn Chicken
French Bread
Carrot Sticks
Sweet Corn
Fresh Melon Cup

Cantaloupe

29 Meatball Calzone
Side Garden Salad
Sweet Potato Fries
Diced Peach Cup

30 Baked Pasta with Cheese
Whole Wheat Dinner Roll
Garden Salad
Roasted Butternut Squash
Sliced Oranges

31 Chicken Parmesan Sandwich
Spicy Four Bean Salad
Steamed Broccoli
Berry Cup

Blueberries



Whitsons proudly supports clean, sustainable agriculture! We also focus on using ingredients that are locally sourced, all-natural, organic and non-GMO whenever possible.



Our Simply Rooted™ food philosophy and sustainability platform is based on delivering wholesome, all-natural meals to everyone's table, while giving back to the environment.



Student Lunch \$3.75
Reduced \$0.25
Adult Lunch \$4.75 plus Tax

Payments accepted at your child's cafeteria
Cash, Check or Money Order
or
On-Line
www.scholarchip.com

questions call Lunch Office
516.295-7040

Available Daily :
Crispy Chicken Sandwich, Cheeseburger, or Hamburger above served on Whole Grain Bun
Cheese Pizza, Meat or Veggie Topped Pizza
Side Garden Salad, Sun Butter & Jelly Sandwich, Bagel Lunch
Apples, Oranges, Bananas, Carrots, Celery, Cucumbers
Grab N Go Selection:
Sliced Turkey Breast, Ham, Tuna served on Whole Grain Roll with Lettuce and Cheese,
Chicken Caesar Salad w/ dinner roll, Chef Salad w/dinner roll
Yogurt Parfait w/Fresh Fruit & Granola
All Meals include Milk Choice, Fat Free or 1%,
Fat Free Chocolate, 100% Juice, Fresh Fruit, Vegetable & Whole Grain Breads

VEGETARIAN **MADE WITH NATURAL INGREDIENTS** **PORK** **MADE WITH ORGANIC INGREDIENTS**

*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. This institution is an equal opportunity provider.