

# Welcome to our Lunch Cafe at...

## Lawrence Middle School

# November 2018

**MEATLESS MONDAY**

Monday

Tuesday

Wednesday

Thursday

Friday

## HARVEST of the MONTH

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



<p>5 Meatball Hero Cauliflower Popcorn Fresh Grapes WG Roll</p>	<p>6 Election Day</p>	<p>7 Homemade Mac &amp; Cheese 🌱🥕 Grape Tomatoes Green Beans Fresh Apple</p>	<p>8 Baked Chicken Breast <i>Baked Chicken Breast</i> French Bread Brown Rice Sweet Corn Fresh Pear  Watermelon</p>	<p>2 Stuffed Bread <i>baked bread sticks filled with melted cheese</i> 🌱 Chilled Pizza Sauce Green Beans Celery Applesauce</p>
<p>12 Veteran's Day</p>	<p>13 Baked Pasta with Cheese 🌱🥕🥔 French Bread Steamed Carrots Garden Salad Strawberry Cup</p>	<p>14 Spicy Chicken Sandwich Green Pepper Slices Oven Baked Fries Pineapple</p>	<p>15 Beef and Cheese Quesadilla 🥕 Red Pepper Strips Chili Roasted Garbanzo Beans Brown Rice Fresh Melon Cup  Cantaloupe</p>	<p>16 Barbecue Rib Sandwich <i>warm BBQ rib patty on a bun prepared in-house</i> Sliced Zucchini Cucumber Coins Fresh Banana</p>
<p>19 Turkey Hot Dog on Bun <i>turkey hot dog on soft bun</i> Crispy Potato Puffs Steamed Spinach Fresh Apple</p>	<p>20 Turkey and Cheese Melt Sweet Potato Fries Caesar Salad Fresh Grapes  on WG Bread</p>	<p>21 Bacon Cheeseburger <i>burger topped with cheese and bacon on a freshly toasted bun</i> Grape Tomatoes Green Beans Sliced Oranges</p>	<p>22 Thanksgiving</p>	<p>23 Thanksgiving Recess</p>
<p>26 Crispy Popcorn Chicken <i>crispy breaded chicken bites baked to perfection</i> French Bread Carrot Sticks Sweet Corn Fresh Melon Cup  Cantaloupe</p>	<p>27 Meatball Calzone 🥕 Side Garden Salad Sweet Potato Fries Diced Peach Cup</p>	<p>28 Baked Pasta with Cheese 🌱🥕🥔 Whole Wheat Dinner Roll Garden Salad Roasted Butternut Squash Sliced Oranges</p>	<p>29 Chicken Parmesan Sandwich Spicy Four Bean Salad Steamed Broccoli Berry Cup  Blueberries</p>	<p>30 Cheese Quesadilla 🌱 Green Beans Celery Sticks Fresh Banana</p>



Whitsons is committed to the Farm-to-School movement and serving wholesome, high-quality meals prepared with fresh, locally sourced ingredients. Did you know that Whitsons sources an average of 52% of our total product mix locally?



**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  
**Grab N Go Selection:**  
Sliced Turkey Breast, Ham, Tuna served on Whole Grain Roll with Lettuce and Cheese, Apples, Oranges, Bananas, Carrots, Celery, Cucumbers  
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.