

Welcome to our Lunch Cafe at...

Lawrence Middle School

December 2018

MEATLESS MONDAY









Monday

Tuesday

Wednesday

Thursday

Friday

<p>3 Stuffed Bread  Sliced Zucchini Fresh Baby Carrots Fresh Apple</p>	<p>4 Chicken Nuggets Whole Wheat Dinner Roll Sweet Potato Fries Caesar Salad Fresh Melon Cup Cantaloupe</p>	<p>5 Bacon Cheeseburger <i>burger topped with cheese and bacon on a freshly toasted bun</i> Grape Tomatoes Baked Beans Sliced Oranges</p>	<p>6 Chicken & Broccoli Stir Fry <i>tender chicken strips sauteed with broccoli in a stir fry sauce</i>  Brown Rice Steamed Spinach Fresh Pear</p>	<p>7 Turkey Hot Dog on Bun <i>turkey hot dog on soft bun</i> Crispy Potato Puffs Celery Sticks Fresh Apple</p>
<p>10 Cheese Quesadilla  Cauliflower Popcorn Mixed Vegetables Fresh Grapes</p>	<p>11 Bacon, Egg and Cheese Breakfast Sandwich <i>warm breakfast sandwich prepared in-house and made with bacon, egg, and cheese</i> Sweet Potato Fries Grape Tomatoes Watermelon Cup</p>	<p>12 Homemade Mac & Cheese   Cucumber Coins Steamed Carrots Fresh Apple Whole Grain French Bread</p>	<p>13 Baked Chicken Breast <i>Baked Chicken Breast</i> French Bread Brown Rice Sweet Corn Fresh Pear</p>	<p>14 Chicken Parmesan Sandwich Steamed Broccoli Red Pepper Strips Fresh Banana</p>
<p>17 Chicken Nuggets <i>crispy breaded chicken nuggets perfect for dipping in your favorite sauce</i> Brown Rice Steamed Peas Grape Tomatoes Fresh Pear</p>	<p>18 Baked Pasta with Cheese    French Bread Steamed Carrots Garden Salad Strawberry Cup</p>	<p>19 Spicy Chicken Sandwich <i>warm spicy crispy chicken sandwich prepared in-house</i> Green Pepper Slices Oven Baked Fries Pineapple</p>	<p>20 Beef and Cheese Quesadilla <i>melted cheese with homemade fiesta beef folded inside a grilled tortilla</i>  Brown Rice Sweet Corn Watermelon Cup</p>	<p>21 Barbecue Rib Sandwich <i>warm BBQ rib patty on a bun prepared in-house</i> Broccoli Cucumber Coins Fresh Banana</p>
<p>24</p>	<p>25</p>	<p>26</p>	<p>27</p>	<p>28</p>

31

WINTER MONTH

HOLIDAY JOY
Whitson's supports clean, culture! We also focus on products that are locally sourced, all-natural, organic and non-GMO whenever possible.



We are Simply Rooted™ in food and family so our menu options are healthy, nutritious, flavorful, and made from wholesome, all natural, organic and non-GMO ingredients, whenever possible. Check us out at www.Whitsons.com or scan the QR code.



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 or Veggie Topped Pizza
Side Garden Salad, Bagel Lunch, Sun Butter & Jelly Sandwich
Carrots, Celery, Cucumbers, Apples, Oranges, Bananas

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.