

Welcome to our Lunch Cafe @

Lawrence Middle School

February 2018

Monday

Tuesday

Wednesday

Thursday

Friday



HARVEST
of the
MONTH



We proudly support clean, organic, local and sustainable agriculture.

1 Middle Eastern Veggie Burger
veggie burger topped with hummus, lettuce and tomato, on a bun 🌱 🥬 🍅
Baked Beans
Cucumber Coins
Fresh Pear

2 Tangerine Chicken
WG breaded chicken in a tangerine sauce
Broccoli Florets
Grape Tomatoes
Pineapple
Heartzel Pretzels

IT'S STUDENT APPRECIATION DAY

5 Meatball Parmesan Sandwich
warm meatballs on a roll, topped with tomato sauce and melted mozzarella cheese
Carroteenies
Mixed Vegetables
Fresh Grapes

6 Bacon, Egg and Cheese Breakfast Sandwich complete with bacon, egg, and cheese
Sweet Potato Fries
Grape Tomatoes
Watermelon Cup

Whole wheat waffles sandwich

7 Mac & Cheese
pasta in cheese sauce, garnished with parsley 🌱 🥬
Whole Wheat Dinner Roll
Celery
Side of Carrots
Fresh Apple

8 Baked Chicken Breast
Baked Chicken Breast
Veggie Dippers
French Bread
Corn
Black Beans
Fresh Pear

9 Chicken Parm Sandwich
chicken patty topped with melted cheese and tomato sauce on a roll
Steamed Broccoli
Red Pepper Strips
Fresh Banana

Served on a Whole Grain Bun

12 Chicken Nugget Parm Sliders
Side Salad
Celery
Melon Cup
Cantaloupe

Served on Whole Grain Slider Buns

13 Spicy Chicken Sandwich
spicy crispy chicken sandwich
Oven Baked Fries
Green Pepper Slices
Strawberry Cup

Served on Whole Grain Bun

14 Pasta & Meatballs
freshly baked meatballs with tomato sauce over pasta 🍅 🥬
French Bread
Side of Carrots
Caesar Salad
Pineapple
Sugar Cookie

15 Beef and Cheese Quesadilla
melted chesse and fiesta beef folded inside a grilled tortilla 🍅
Chili Roasted Garbanzo Beans
Brown Rice
Corn
Watermelon Cup

16 BBQ Rib Sandwich
BBQ rib patty on a bun
Broccoli
Cucumber Coins
Fresh Banana

Rib Sandwich served on a Whole Grain Bun

19

PRESIDENT'S DAY

20 Winter Recess

21

22

23

26 Stuffed Bread Sticks
baked bread sticks filled with melted cheese 🌱
Corn
Carroteenies
Fresh Apple

27 Homemade Pasta Bolognese
freshly cooked pasta with meat sauce made from scratch 🍅 🥬
Mixed Vegetables
French Bread
Grape Tomatoes
Sliced Oranges

28 Popcorn Chicken
French Bread
Caesar Salad
Sweet Potato Fries
Watermelon Cup

SIMPLY ROOTED™ in food and family

At Whitsons we believe that MSG, partially hydrogenated oils, artificial colors, flavors or preservatives and high fructose corn syrup do not need to be in the foods we eat. We are Simply



Rooted™ in food and family and we care. Our ingredients are locally sourced, all natural, and organic or non-GMO, whenever possible.



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

Available Daily :

- Crispy Chicken Sandwich
- Cheeseburger, or Hamburger above served on Whole Grain Bun
- Cheese Pizza or Veggie Topped Pizza
- Side Garden Salad
- Sliced Turkey Breast, Ham, Tuna served on Whole Grain Roll w/ Lettuce, 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

VEGETARIANS CAN ORDER WITH NO MEAT OR DAIRY INGREDIENTS | TOPPINGS ARE VEGAN | 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.