

# Welcome to our Lunch Cafe @

## Lawrence Middle School

# March 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  
Brown Rice  
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  
Caesar Salad  
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  
chicken parmesan minis on slider buns  
Side Salad  
Celery  
Melon Cup  
Cantaloupe

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 Turkey Hot Dog on Bun  
turkey hot dog on soft bun  
Tator Tots  
Celery  
Fresh Apple

20 Chicken Nuggets  
Brown Rice  
Peas  
Grape Tomatoes  
Melon Cup  
Cantaloupe

21 Mac & Cheese  
pasta in cheese sauce, garnished with parsley 🌱 🥬  
Whole Wheat Dinner Roll  
Side of Carrots  
Caesar Salad  
Watermelon Cup

22 General Tso's Chicken  
crispy chicken with broccoli in General Tso's sauce 🥬  
Black Beans  
Fresh Grapes

23 Spicy Chicken Sandwich  
spicy crispy chicken sandwich  
Green Beans  
Fresh Banana  
Served on a whole wheat roll

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

29 School Closed  
Spring Recess

30 School Closed

**SIMPLY ROOTED™**  
in food and family

Did you know that all of our tuna is dolphin safe? It's true, also, our shelled eggs are cage-free (or pasture-raised when possible). This is because 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](http://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

Deli Bar serves 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%,

VEGETARIAN 🌱 CHOLESTEROL FREE 🚫🥚🥚🥚 NATURAL INGREDIENTS 🐷 PORK 🌱 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.