

Welcome to our Lunch Cafe @

Lawrence Middle School

April 2018




Monday

Tuesday

Wednesday

Thursday

Friday

<p>2 Spring Recess School Closed</p> <p>Re-Opens April 9th</p>	<p>3</p>	<p>4</p>	<p>5</p>	<p>6</p>
<p>9 Homemade Mac & Cheese 🌱🥕 French Bread Baby Carrots Mixed Vegetables Fresh Grapes</p>	<p>10 Bacon, Egg and Cheese Breakfast Sandwich Sweet Potato Fries Grape Tomatoes Watermelon Cup</p> <p>Whole wheat waffles sandwich</p>	<p>11 Meatball Sandwich <i>warm baked meatballs smothered in tomato sauce on a sandwich prepared in-house</i> Caesar Salad Steamed Carrots Fresh Apple Served on WG Club Roll</p>	<p>12 Baked Chicken Breast <i>Baked Chicken Breast Celery & Carrot Sticks w/ Low Fat Dressing</i> French Bread Sweet Corn Black Beans Fresh Pear</p>	<p>13 Chicken Parmesan Sandwich <i>warm chicken patty smothered in tomato sauce, topped with melted cheese and assembled in-house on a roll</i> Steamed Broccoli Red Pepper Strips Fresh Banana</p>
<p>16 Chicken Nugget Parm Sliders <i>chicken parmesan minis on slider buns</i> Side Salad Celery Fresh Melon Cup Cantaloupe</p>	<p>17 Spicy Chicken Sandwich <i>warm spicy crispy chicken sandwich prepared in-house</i> Oven Baked Fries Green Pepper Slices Strawberry Cup</p> <p>Served on Whole Grain Bun</p>	<p>18 Pasta & Meatballs <i>freshly baked meatballs with tomato sauce over pasta</i> 🥕🥕 French Bread Steamed Carrots Caesar Salad Pineapple</p>	<p>19 Crispy Popcorn Chicken Chili Roasted Garbanzo Beans Brown Rice Sweet Corn Sliced Oranges</p>	<p>20 Barbecue Rib Sandwich <i>warm BBQ rib patty on a bun prepared in-house</i> Broccoli Cucumber Coins Fresh Banana IT'S STUDENT APPRECIATION DAY Rib Sandwich served on a Whole Grain Bun</p>
<p>23 Turkey Hot Dog on Bun <i>turkey hot dog on soft bun</i> Crispy Tator Tots Celery Fresh Apple</p> <p>served on WG Bun</p>	<p>24 Chicken Nuggets Brown Rice Steamed Peas Grape Tomatoes Fresh Melon Cup</p> <p>Cantaloupe</p>	<p>25 Homemade Mac & Cheese <i>pasta in cheese sauce, garnished with parsley</i> 🌱🥕 Whole Wheat Dinner Roll Steamed Carrots Caesar Salad Diced Peach Cup</p>	<p>26 General Tso's Chicken <i>crispy chicken with broccoli in General Tso's sauce</i> 🥕 Black Beans Fresh Grapes</p>	<p>27 Spicy Chicken Sandwich <i>warm spicy crispy chicken sandwich prepared in-house</i> Green Beans Fresh Banana Fresh Baby Carrots</p> <p>Served on WG Bun</p>
<p>30 Stuffed Bread Sticks <i>baked bread sticks filled with melted cheese</i> 🌱 Sweet Corn Cucumber Coins Fresh Pear</p>	<div style="background-color: #4CAF50; color: white; padding: 10px; text-align: center;">  <p>We proudly support clean, organic, local and sustainable agriculture.</p>   </div> <div style="display: flex; justify-content: center; gap: 10px; margin-top: 10px;"> 🌱 VEGETARIAN 🥕 MADE WITH ORGANIC INGREDIENTS 🌱 MADE WITH ALL NATURAL INGREDIENTS P PORK 🌱 VEGAN </div>			

SIMPLY ROOTED™ *in food and family*

We offer yogurt that is 100% all-natural or organic. Also, our hummus is organic and tahini-free. This is because we are Simply Rooted™ in food and family and we care about



our young customers. 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

questions call Lunch Office

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%,
Fat Free Chocolate

*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.