

Welcome to our Lunch Cafe at...

Lawrence Middle School

September 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>3 Daily Fresh Fruits and Vegetables:</p> <p>Apples, Oranges, Bananas, Carrots, Celery and Cucumbers</p>	<p>4 Mission Burrito <i>authentic fiesta style meat topped with sour cream, beans, seasoned rice, shredded cheese and crisp lettuce inside a soft tortilla shell assembled in-house</i></p> <p>Celery Black Beans Brown Rice Fresh Apple</p>	<p>5 Pasta & Meatballs <i>freshly baked meatballs with tomato sauce over pasta</i></p> <p>Sliced Oranges Garlic Bread Steamed Peas Spinach Salad Fresh Banana</p>	<p>6 Crispy Popcorn Chicken <i>crispy breaded chicken bites baked to perfection</i></p> <p>Whole Wheat Dinner Roll Sweet Corn Fresh Apple Fluffy Mashed Potatoes Cherry Tomatoes Watermelon Cup</p>	<p>7 General Tso's Chicken <i>crispy chicken with broccoli in General Tso's sauce</i></p> <p>Brown Rice Green Beans Fresh Baby Carrots Fresh Grapes</p>
<p>10 No School Religious Holiday</p>	<p>11 School Closed</p>	<p>12 Chicken Stir Fry</p> <p>Broccoli Brown Rice Sauteed Onions & Peppers Fresh Banana</p>	<p>13 Meat and Cheese Stromboli <i>chopped meat and melted cheese wrapped in pizza dough</i></p> <p>Roasted Vegetables <i>Roasted vegetables with cauliflower, cabbage, and broccoli</i> Pineapple</p>	<p>14 Chicken Fajita Wrap <i>seasoned chicken with sauteed onions and peppers topped with tomato, lettuce, and cheese on a tortilla prepared in-house</i></p> <p>Black Beans Red Pepper Strips Fresh Pear</p>
<p>17 Bacon, Egg and Cheese Breakfast Sandwich <i>warm breakfast sandwich prepared in-house and made with bacon, egg, and cheese</i></p> <p>Sweet Potato Fries Celery Berry Cup Fresh Blueberry</p>	<p>18 BBQ Chicken Spinach Salad Brown Rice Cinnamon & Honey Roasted Beans Corn Bread Stuffing Honeydew and Cantaloupe Cup</p>	<p>19 Religious Holiday No School</p>	<p>20 Middle Eastern Veggie Burger</p> <p>Roasted Red Pepper Hummus Crispy Tator Tots Grape Tomatoes Cucumber Coins Fresh Apple</p>	<p>21 Baked Pasta with Cheese</p> <p>Sliced Zucchini Fresh Baby Carrots Whole Wheat Dinner Roll Fresh Orange</p>
<p>24 Homemade Mac & Cheese</p> <p>Steamed Peas Whole Wheat Dinner Roll Fresh Pear</p>	<p>25 Three Cheese & Sausage Calzone</p> <p>Carrot Sticks Cucumber Coins Fresh Apple</p> <p>NY State Apple</p>	<p>26 Roasted Turkey with Gravy</p> <p>Whole Wheat Dinner Roll Fluffy Mashed Potatoes Roasted Squash Strawberry Cup</p>	<p>27 Chicken Cheese Quesadilla</p> <p>Mexican Style Rice Black Beans Fiesta Corn Fresh Apple Fresh Grapes</p>	<p>28 Meatball Hero</p> <p>Cucumber Coins Caesar Salad Fresh Orange</p> <p>served on WG Roll</p>



Whitsons is offering Meatless Monday options! Studies have shown that increasing the amount of plant based proteins in your diet may reduce the risk of chronic preventable conditions such as cancer, cardiovascular disease, diabetes, and obesity.



Student Lunch \$3.75
Reduced \$0.25
Adult Lunch \$4.00 plus Tax

Payments accepted at your child's cafeteria
Cash, Check or Money Order
or
On-Line
www.scholarchip.com

Available Daily :

Daily Nachos, Crispy or Soft seasoned beef, Chicken, Cheese, Crispy Chicken or Spicy Chicken Sandwich

Cheeseburger, or Hamburger
above served on Whole Grain Bun

Cheese Pizza or Veggie, Meat 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

VEGETARIAN MEAT 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.