

Lawrence High School

*Welcome to our
Lunch Cafe*

9/1/2022 - 9/2/2022

Monday

Tuesday

Wednesday

Thursday

Friday

			<p>Lunch Free for All Students</p>	<p>Lemon Marinated Carrots Sriracha Garbanzo Beans Garden Salad Fresh Apple</p>	<p>Steamed Broccoli Celery Sticks Side Salad Pineapple</p>
Available Daily: Apples, Oranges, Bananas, Carrots, Celery, Cucumbers, Side Salad, Yogurt Parfait w/ fruit & granola, Bagel Lunch w/ fruit & Veg., 100% concentrated Juices, 1%, Ff White					
				<p>Turkey Burger grilled turkey burger on a whole wheat bun with cheese</p>	<p>BLT Burger freshly prepared burger topped with crispy bacon, lettuce, tomato and mayo on a freshly toasted bun</p>
Available Daily: Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken					
				<p>Nachos Grande tortilla chips topped with freshly prepared mexi style meat and cheese</p>	<p>Fiesta Taco Salad homemade crunchy tortilla bowl filled with fiesta style beef, crisp cucumbers, tomatoes, lettuce and shredded cheddar cheese</p>
Available Daily: Nachos, Cripsy and Soft Tacos, Mexi-Rice with your choice of Mexi Beef, Mexi Chicken, Mexi Veg, Black Beans, Cheese Sauce and Shredded					
				<p>Chicken Parmesan Sandwich warm chicken patty smothered in tomato sauce, topped with melted cheese assembled in-house on a roll</p>	<p>Fruity Granola Parfait Low fat vanilla yogurt layered with fruit and granola</p>
				<p>Homemade Chicken & Cheese Stromboli Chicken and melted cheese wrapped in a pizza dough</p>	<p>Margherita Pizza freshly prepared dough lightly brushed with garlic and oil, topped with tomato sauce, mozzarella cheese, fresh tomatoes and basil</p>
Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough					
				<p>Garden Salad Entree fresh garden salad topped with meat</p>	<p>Chicken Caesar Salad fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls Dinner Rolls</p>
Available Daily: An array of seasonal produce, grilled chicken and mixed salads. Choice of all natural dressing, whole grain dinner rolls					
				<p>Turkey & Cheese Sandwich freshly made and thinly sliced turkey and cheese sandwich</p>	<p>Ham & Cheese Wrap P</p>
Available Daily: Assorted cold cuts, cheeses and whole grain rich bread, rolls and wraps along with					



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WHITSON'S
School Nutrition

Lawrence High School

Welcome to our
Lunch Cafe

9/5/2022 - 9/9/2022

Monday

Tuesday

Wednesday

Thursday

Friday



Fresh Apple
Celery Sticks
Sweet Potato Fries

Fresh Baby Carrots
Chilled Red Pepper
Strips
Fresh Grapes

Side Salad
side salad with tomato
and cucumber
Garbanzo Beans
Cucumber Coins
Fresh Orange

Side Salad
side salad with tomato
and cucumber
Steamed Broccoli
Fresh Banana

Available Daily: Apples, Oranges, Bananas, Celery, Carrots, Cucumbers, Side Salad, Yogurt Parfait w/ Fruit & Granola, Bagel Lunch w/ fruit & Veg., 100% Concentrated Juices, 1%, Ff

Veggie Burger

Beef burger

Denver Burger
grilled burger topped with
ham, American cheese,
sautéed onions and
peppers, lettuce mix and
tomatoes on a bun

Ham & Cheese Bagel
Melt
ham and melted cheese
on a bagel

Beef meatballs

Meatball Hero
freshly baked meatballs
mixed in a rich tomato
sauce inside a soft roll
topped with melted
mozzarella

Available Daily: Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches all served with baked fries on w/g

Fiesta Taco Salad
homemade crunchy
tortilla bowl filled with
fiesta style beef, crisp
cucumbers, tomatoes,
lettuce and shredded
cheddar cheese

Soft Tacos
freshly prepared fiesta-
style meat with melted
cheese wrapped in a
warm soft taco shell

Ground Turkey

Nachos Grande
tortilla chips topped with
freshly prepared mexi
style meat and cheese

BBQ Chicken Nachos
crispy nacho tortilla chips
with chicken, carrots,
tomatoes and cabbage

Available Daily: Nachos, Crispy and Soft Tacos, Mexi-Rice with your choice of Mexi Beef, Mexi Chicken, Mexi Veg, Refried Beans, Cheese Sauce and Shredded Cheddar Cheese and Shredded

Roasted Turkey with
Gravy
oven roasted turkey
breast smothered with
gravy
Fluffy Mashed
Potatoes
Whole Wheat Dinner
Roll

Chicken Parmesan
Sandwich
warm chicken patty
smothered in tomato
sauce, topped with
melted cheese
assembled in-house on a
roll

Incredibowls General
Tso's Chicken
General Tso's seasoned
chicken with brown rice,
broccoli, and scallions

Buffalo Chicken
Tenders
Buffalo chicken tenders
with carrot and celery
sticks
French Bread

Homemade Chicken &
Cheese Stromboli
Chicken and melted
cheese wrapped in a
pizza dough

Cheese Pizza
classic red sauce pizza
made in-house topped
with melted mozzarella

Homemade Buffalo
Chicken Stromboli
garlic pizza dough
wrapped around zesty
buffalo chicken, melted
mozzarella cheese, and
tomato sauce and baked

Bacon Pizza
handmade pizza topped
with sauce, melted
mozzarella and crispy
bacon pieces

Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough

Grilled Chicken Salad
with Dinner Rolls
grilled chicken breast,
lettuce, julienned carrots,
sliced tomatoes and
cucumbers
Dinner Rolls

Classic Greek Salad
romaine lettuce with
cucumbers, tomatoes,
feta cheese, black olives
and red onions
Dinner Rolls

Garden Salad with
Turkey Bacon
Cheese Entree
fresh garden salad
topped with cheese
Dinner Rolls

Chicken Caesar Salad
fresh romaine topped with
parmesan cheese,
chicken, and croutons
with dinner rolls
Dinner Rolls

Available Daily: An array of seasonal produce, grilled chicken and mixed salads. Choice of all natural dressing, whole grain dinner rolls

Tuna Salad Wrap*
fresh chunky tuna salad
with field greens and
tomatoes served in a
wrap

American Combo
Sandwich
freshly made sandwich
with thinly sliced turkey,
ham and cheese

Grilled Turkey & Bacon
Melt
gooey cheese with layers
of turkey and crisp bacon
melted between two
slices of toasty bread

Egg Salad Wrap
freshly made egg salad
with lettuce and tomato in
a soft tortilla wrap

Available Daily: Assorted cold cuts, cheeses and whole grain rich bread, rolls and wraps along with



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Lawrence High School

Welcome to our
Lunch Cafe

9/12/2022 - 9/16/2022

Monday

Tuesday

Wednesday

Thursday

Friday



Cauliflower Popcorn
Side of cauliflower pieces
tossed with oil and
spices.
Green Pepper Slices
Watermelon Slices
butternut squash

Side Salad
side salad with tomato
and cucumber
Roasted Squash
Pineapple

Fresh Baby Carrots
Orange Glazed Carrots
Sliced Oranges

Cucumber Coins
Chili Roasted
Garbanzo Beans
Fresh Apple

Side Salad
side salad with tomato
and cucumber
Steamed Peas
Celery Sticks
Fresh Banana

Available Daily: Apples, Oranges, Bananas, Celery, Carrots, Cucumbers, Side Salad, Yogurt Parfait w/ Fruit & Granola, Bagel Lunch w/ Fruit & Veg., FF & 1% White Milk, FF Chocolate



Grilled Cheese
Sandwich
golden toasted bread with
melted gooey cheese
pressed and prepared in-
house

Chicken Parmesan
Sandwich
warm chicken patty
smothered in tomato
sauce, topped with
melted cheese
assembled in-house

Bacon Cheeseburger
freshly prepared beef
patty topped with melted
cheese, crispy bacon,
crisp lettuce and tomato
served on a toasted bun

Philly Cheese Steak
thinly sliced beef topped
with sauteed peppers,
onions and melted
cheese on a lightly
toasted bun prepared in-
house

Buffalo Chicken
Tenders
Buffalo chicken tenders
with carrot and celery
sticks

Available Daily: Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches all served with baked fries



Nachos with Cheese
creamy cheese layered
over a bed of nachos

Mission Burrito
authentic fiesta style
meat topped with sour
cream, beans, seasoned
rice, shredded cheese
and crisp lettuce inside a
soft tortilla shell

Nachos Grande
tortilla chips topped with
freshly prepared mexi
style meat and cheese

Chicken Fajita Wrap
seasoned chicken with
sauteed onions and
peppers topped with
tomato, lettuce, and
cheese on a tortilla
prepared in-house

Buffalo Chicken and
Cheese Quesadilla
fiesta style chicken and
cheddar cheese inside a
grilled folded tortilla
spread with hot sauce

Available Daily: Nachos, Crispy and Soft Tacos, Mexi-Rice with your choice of Mexi Beef, Mexi Chicken, Mexi Veg, Refried Beans, Cheese Sauce and Shredded Cheddar Cheese and Shredded



Homemade Baked
Pasta with Cheese
pasta topped with melted
cheese, baked to
perfection
Cheesy Garlic Bread

Salisbury Steak
Fresh chopped beef
steak in brown gravy

Sweet & Sour Chicken
Sauce & Toss
popcorn chicken in a
sweet & sour sauce
French Bread

Chicken and Waffles
crispy chicken placed on
top of fluffy waffles

Meatball Hero
freshly baked meatballs
mixed in a rich tomato
sauce inside a soft roll
topped with melted
mozzarella



Broccoli Pizza
freshly prepared in-house
cheese pizza topped with
broccoli

Homemade Veggie &
Cheese Stromboli
freshly baked dough
lightly brushed with garlic
& oil filled with sauteed
vegetables and melted
mozzarella

Homemade Chicken
Parmesan Calzone
freshly prepared dough
lightly brushed with oil &
garlic stuffed with chicken
breast topped with tomato
sauce, mozzarella &

Homemade Buffalo
Chicken Stromboli
garlic pizza dough
wrapped around zesty
buffalo chicken, melted
mozzarella cheese, rich
tomato sauce and baked

Buffalo Chicken Pizza
freshly prepared cheese
pizza topped with chicken
tossed in hot sauce

Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough



Buffalo Chicken Salad
with Dinner Rolls
spicy chicken on a bed of
romaine lettuce with
cucumbers, carrots and
tomatoes

Chicken Caesar Salad
fresh romaine topped with
parmesan cheese,
chicken, and croutons
with dinner rolls

Garden Salad Entree
fresh garden salad
topped with meat
Dinner Rolls

Garden Salad with
Cheese Entree
fresh garden salad
topped with cheese
Dinner Rolls

Buffalo Chicken Salad
with Dinner Rolls
spicy chicken on a bed of
romaine lettuce with
cucumbers, carrots and
tomatoes
Dinner Rolls

Available Daily: An array of seasonal produce, grilled chicken and mixed salads. Choice of all natural dressing, whole grain dinner rolls



Tuna Salad Sandwich
freshly made sandwich
topped with creamy tuna
salad

American Combo
Sandwich
freshly made sandwich
with thinly sliced turkey,
ham and cheese

South of the Border
Wrap
warm chicken, seasoned
rice, and cheddar cheese
wrapped in a tortilla

Turkey & Cheese
Panini
turkey, cheese, lettuce
and tomato panini grilled
to perfection

Chicken Caesar
Sandwich
crispy chicken patty with
fresh lettuce, tomato and
Caesar dressing on a roll

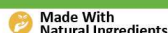
Available Daily: Assorted cold cuts, cheeses and whole grain rich bread, rolls and wraps along with vegetable toppings



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Lawrence High School

Welcome to our
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9/19/2022 - 9/23/2022

Monday

Tuesday

Wednesday

Thursday

Friday



Baked Potato Wedges
*crispy potato wedges
baked to perfection*
Fiesta Corn
Fresh Melon Cup

Celery Sticks
Steamed Carrots
Pineapple

Tomato Salad
Sliced Zucchini
Fresh Banana

Green Pepper Slices
Chili Roasted
Garbanzo Beans
Fresh Grapes

Cucumber Coins
Cajun Roasted
Broccoli
Fresh Orange

Available Daily: Apples, Oranges, bananas, Carrots, Celery, Cucumbers, Side Salad, Yogurt Parfait w/Fruit & Granola, Bagel Lunch w/Veg. & Fruit, 100% concentrated Juice, FF & 1%



Cheesy Veggie Burger
*warm veggie burger
topped with melted
cheese on a soft bun* 🌱
Cantaloupe

Chicken Parmesan
Sandwich
*warm chicken patty
smothered in tomato
sauce, topped with
melted cheese
assembled in-house on a*

Barbecue Rib
Sandwich
*warm BBQ rib patty on a
burger bun, in-house*

Pizza Burger
*burger topped with pizza
sauce, mozzarella
cheese and romaine
lettuce on a bun* 🍕

Blazin Buffalo Chicken
Sliders
*buffalo chicken strips
topped with cheddar
cheese on mini
hamburger buns*

Available Daily: Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches served with baked fries



Chicken Fajita Wrap
*freshly made tortilla
stuffed with mexi style
meat, green onions,
peppers and cheese* 🌱

Chimichanga
*freshly made crispy
tortilla filled with Mexican
style meat, beans and
cheese, topped with sour
cream and salsa* 🌱

Chicken Cheese
Quesadilla
*hand crafted grilled flour
tortilla filled with juicy
chicken and melty
cheese*
Seasoned Ground Turkey

Soft Tacos
*freshly prepared fiesta-
style meat with melted
cheese wrapped in a
warm soft taco shell* 🌱

Fiesta Taco Salad
*homemade crunchy
tortilla bowl filled with
fiesta style beef, crisp
cucumbers, tomatoes,
lettuce and shredded
cheddar cheese* 🌱

Available Daily: Nachos, Crispy and Soft Tacos, Mexi-Rice with your choice of Mexi Beef, Mexi Chicken, Mexi Veg, Refried Beans, Cheese Sauce and Shredded Cheddar Cheese and Shredded



Veggabol BBQ
Chickpea Rice Bowl
*steamed rice topped
with BBQ flavored
chickpeas, fresh lettuce,
tomato, carrots, corn and
beans with a BBQ drizzle* 🌱

Crispy Popcorn
Chicken
*crispy breaded chicken
bites baked to perfection*

Herb Roasted Chicken
Brown Rice
French Bread

Homemade Beef
Burger
*beef burger patty made
from scratch, on a fresh
hamburger bun* 🌱

Yard Bird Classic
Chicken Sandwich
*a delicious chicken filet
on a hearty bun, served
with special sauce and a
pickle*



Bacon Pizza
*handmade pizza topped
with sauce, melted
mozzarella and crispy
bacon pieces* 🌱

Homemade Chicken &
Cheese Stromboli
*Chicken and melted
cheese wrapped in a
pizza dough* 🌱

Pizza Bagel
*melted cheese and
tomato sauce on a
toasted bagel, baked to
perfection* 🌱

Homemade Buffalo
Chicken Stromboli
*chopped meat, melted
cheese wrapped in a
pizza dough* 🌱
Homemade Buffalo
Chicken Stromboli

Buffalo Chicken Pizza
*freshly prepared cheese
pizza topped with chicken
tossed in hot sauce* 🌱

Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough



Fresh Garden Salad
with Sliced Egg
*garden salad with tomato,
cucumber, carrot, and
hard boiled eggs* 🌱
Dinner Rolls

Garden Salad with
Cheese Entree
*fresh garden salad
topped with cheese* 🌱
Dinner Rolls

Classic Greek Salad
*romaine lettuce with
cucumbers, tomatoes,
feta cheese, black olives
and red onions* 🌱
Dinner Rolls

Buffalo Chicken Salad
with Dinner Rolls
*spicy chicken on a bed of
romaine lettuce with
cucumbers, carrots and
tomatoes* 🌱
Dinner Rolls

Classic Chef Salad
*fresh lettuce topped with
sliced deli meats and
cheeses* 🌱
Dinner Rolls

Available Daily: An array of seasonal produce, grilled chicken and mixed salads. Choice of all natural dressing, whole grain dinner rolls



Tuna Salad Wrap*
*fresh chunky tuna salad
with field greens and
tomatoes served in a
wrap* 🌱

Turkey Club Wrap
*turkey breast, bacon,
chopped romaine lettuce
and tomato, wrapped in a
tortilla* 🌱
Turkey bacon

Chicken Caesar Wrap
*freshly made tortilla wrap
filled with sliced chicken,
crisp lettuce, and cheese
topped with low-fat
Caesar dressing* 🌱

BBQ Chicken Wrap
*chicken breast with BBQ
sauce, lettuce and tomato
in a wrap* 🌱

BLT Wrap
*freshly made wrap filled
with crispy bacon,
lettuce, tomato and
cheese* 🌱
turkey bacon

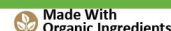
Available Daily: Assorted cold cuts, cheeses and whole grain rich bread, rolls and wraps along with



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Lawrence High School

*Welcome to our
Lunch Cafe*

9/26/2022 - 9/30/2022

Monday

Tuesday

Wednesday

Thursday

Friday



Available Daily: Apples, Oranges, Bananas, Celery, Carrots, Cucumbers, Side Salad, Yogurt Parfait w/fruit & Granola, Bagel Lunch w/Veg. & Fruit, 100% Concentrated Juice, FF & 1%



Wing Shack BBQ Style
Chicken Wings
BBQ Chicken Wings
Whole Wheat Dinner
Roll

Philly Cheese Steak
thinly sliced beef topped
with sauteed peppers,
onions and melted
cheese on a lightly
toasted bun prepared in-
house

Buffalo Chicken
Tenders
Buffalo chicken tenders
with carrot and celery
sticks

Hot and Spicy Day

Available Daily: Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches all served with baked fries



Crispy Tacos
homemade spicy taco
meat inside a crispy taco
shell topped with cheese

Chicken Fajita Wrap
seasoned chicken with
sauteed onions and
peppers topped with
tomato, lettuce, and
cheese on a tortilla
prepared in-house

Buffalo Chicken and
Cheese Quesadilla
fiesta style chicken and
cheddar cheese inside a
grilled folded tortilla
spread with hot sauce

Available Daily: Nachos, Crispy & Soft Tacos, Mexi-Rice, Mexi Beef, Mexi Chicken, Mexi Corn, Black Beans, Cheese Sauce & Shredded Cheddar Cheese, Shredded Lettuce, Salsa



Meatball Sliders
baked, sliced meatballs
topped with tomato
sauce, mozzarella and
parmesan cheese

Homemade Waffles
fluffy made from scratch
Belgian style waffles
Turkey Sausage Patty
Chicken meatballs

Meatball Hero
freshly baked meatballs
mixed in a rich tomato
sauce inside a soft roll
topped with melted
mozzarella



Buffalo Chicken Pizza
freshly prepared cheese
pizza topped with chicken
tossed in hot sauce

Homemade Buffalo
Chicken Stromboli
garlic pizza dough
wrapped around zesty
buffalo chicken, melted
mozzarella cheese, rich
tomato sauce and baked

Buffalo Chicken Pizza
freshly prepared cheese
pizza topped with chicken
tossed in hot sauce

Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough



Grilled Chicken Salad
with Dinner Rolls
grilled chicken breast,
lettuce, julienned carrots,
sliced tomatoes and
cucumbers

Garden Salad with
Cheese Entree
fresh garden salad
topped with cheese
Dinner Rolls

Buffalo Chicken Salad
with Dinner Rolls
spicy chicken on a bed of
romaine lettuce with
cucumbers, carrots and
tomatoes
Dinner Rolls

Available Daily: An array of seasonal produce, grilled chicken and mixed salads. Choice of all natural dressing, whole grain dinner rolls



Spicy Chicken
Sandwich
warm spicy crispy
chicken sandwich
prepared in-house

Turkey & Cheese
Panini
turkey, cheese, lettuce
and tomato panini grilled
to perfection

Chicken Caesar
Sandwich
crispy chicken patty with
fresh lettuce, tomato and
Caesar dressing on a roll

Available Daily: Assorted cold cuts, cheeses and whole grain rich bread, rolls and wraps along with vegetable toppings



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