

**GREATER LAWRENCE VOCATIONAL TECH. SCHOOL
LUNCH MENU WEEK OF
NOV. 4 TO NOV. 8, 2024**

Lunch Daily - Paid Meals - \$ 3.00

Monday	Tuesday	Wednesday	Thursday	Friday
Cheeseburger or Hamburger on ww Roll served with Lettuce, Tomato, Oven Roasted Potato Wedges & Fresh or Canned Fruit	ww Chicken Fajita Wrap with Peppers, Onions, wg Brown Rice, Cheese, Lettuce, Salsa, Sour Cream, Black Beans & Fresh or Canned Fruit	ww Cheese Pizza served with Seasoned Corn, & Fresh or Canned Fruit	Oven Baked Chicken served with Whipped Potato, Seasoned Vegetable, ww Dinner Roll & Fresh or Canned Fruit	RIB-A-QUE sandwich on ww Roll served with Baked Beans & Coleslaw or Smoothie w/grain & Fresh or Canned Fruit

Lettuce and Tomato Available Daily

8 oz. of Assorted Milk Offered Daily

Cold Sub - Grab & Go - Monday - Friday - Choose One

<u>Monday</u> - Ham & cheese ww sub or turkey & cheese ww sub, lettuce, tomato, chips & fresh or canned fruit.
<u>Tuesday</u> - Ham & cheese ww sub or turkey & cheese ww sub, lettuce, chips, tomato & fresh or canned fruit.
<u>Wednesday</u> - Fish wg fillet on ww roll or yogurt parfait with wg soft pretzel, seasoned corn, carrot sticks & fresh or canned fruit.
<u>Thursday</u> - Ham & cheese ww sub or turkey & cheese ww sub, lettuce, tomato, chips & fresh or canned fruit.
<u>Friday</u> - Ham & cheese ww sub or turkey & cheese ww sub or tuna ww sub, lettuce, tomato, wg crackers & fresh or canned fruit.

Salads Available Daily - with w.w. pita bread & fresh or canned fruit

Monday - Garden salad topped with chicken
Garden salad topped with ham

Thursday - Garden salad topped with chicken
Greek salad

Tuesday - Garden salad topped with chicken
Garden salad topped with hummus and taboule

Friday - Garden salad topped with chicken
Garden salad topped with tuna

Wednesday - Garden salad topped with chicken
Garden salad topped with egg

Adult meals -\$5.00

Menu subject to change

BEFORE PLACING YOUR ORDER, PLEASE INFORM YOUR SERVER IF A PERSON IN YOUR PARTY HAS A FOOD ALLERGY

wg - whole grain
ww- whole wheat

This institution is an equal opportunity provider