

Welcome to our Breakfast Cafe at...

Lawrence High School

January 2019

Monday

Tuesday

Wednesday

Thursday

Friday

**FUEL YOUR DAY
THE RIGHT WAY.
EAT A HEALTHY
BREAKFAST!**



1

2 Bacon, Egg and Cheese Breakfast Sandwich
Sliced Oranges

3 Fluffy Whole Grain Pancakes ✓
Fresh Banana

4 Sausage, Egg and Cheese Sandwich P
Fresh Grapes

7 Whole Grain French Toast Slices ✓
Syrup
Watermelon Slices

8 Fluffy Whole Grain Pancakes ✓
Fresh Melon Cup

9 Fluffy Whole Grain Waffles ✓
Syrup
Sliced Oranges

10 Whole Grain French Toast Slices ✓
Syrup
Fresh Apple

11 Egg and Cheese Sandwich ✓
Pineapple

14 Whole Grain French Toast Slices ✓
Syrup
Strawberry Cup

15 Bacon, Egg and Cheese Breakfast Sandwich
Sliced Oranges

16 Fluffy Whole Grain Waffles ✓
Fresh Apple

17 Fluffy Whole Grain Pancakes ✓
Fresh Banana

18 Sausage, Egg and Cheese Sandwich P
Fresh Grapes

21



22 Whole Grain French Toast Slices ✓
Syrup
Watermelon Slices

23 Egg and Cheese Sandwich ✓
Pineapple

24 Fluffy Whole Grain Waffles ✓
Syrup
Sliced Oranges

25 Sausage, Egg and Cheese Sandwich P
Fresh Pear

28 Whole Grain French Toast Slices ✓
Syrup
Fresh Peach

29 Fluffy Whole Grain Pancakes ✓
Fresh Orange

30 Sausage, Egg and Cheese Sandwich P
Fresh Grapes

31 Fluffy Whole Grain Waffles ✓
Syrup
Sliced Oranges



Our Simply Rooted™ food philosophy and sustainability platform is based on delivering wholesome, all-natural meals to everyone's table, while giving back to the environment.



Breakfast Prices

Regular: \$2.00
Reduced: \$0.25
Adult: \$2.30 plus Tax

Breakfast is served in the cafe between the hours of 7:15 and 8:00am

Available Daily

- Whole grain bagel w/ low fat cream cheese
- Egg & Cheese on Whole Wheat Kaiser Roll
- 4oz Yogurt with Fresh Fruit & Grain
- Yogurt parfait with Fresh Fruit and granola
- Assorted Muffins: blueberry, chocolate chip or banana
- Assorted Cereal Reduced Sugar Whole Grain Cereals: Cinnamon Crunch Toast, Coco Puffs, Graham Cracker or Cheese stick

All served with Whole Grain Bread, Milk Choice: fat free or 1% white milk, Fat Free Flavored Chocolate milk, 100% juice and fresh fruits

✓ VEGETARIAN 🍌 MADE WITH NATURAL INGREDIENTS P 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.