

Welcome to our Breakfast Cafe at...

Lawrence High School

December 2018

Monday


Tuesday


Wednesday

Thursday

Friday

3 Whole Grain French Toast Slices 
Syrup
Crispy Sausage Links
Fresh Banana


4 Fluffy Whole Grain Pancakes 
Syrup
Crispy Sausage Links
Fresh Grapes

5 Fluffy Whole Grain Waffles 
Syrup
Crispy Sausage Links
Strawberry Cup

6 Whole Grain French Toast Slices 
Syrup
Crispy Sausage Links
Fresh Banana


7 Fluffy Whole Grain Pancakes 
Syrup
Crispy Sausage Links
Fresh Orange

10 Whole Grain French Toast Slices 
Syrup
Crispy Sausage Links
Fresh Banana

11 Fluffy Whole Grain Pancakes 
Syrup
Crispy Sausage Links
Fresh Grapes

12 Fluffy Whole Grain Waffles 
Syrup
Crispy Sausage Links
Strawberry Cup

13 Whole Grain French Toast Slices 
Syrup
Crispy Sausage Links
Fresh Apple


14 Fluffy Whole Grain Pancakes 
Syrup
Crispy Sausage Links
Pineapple

17 Whole Grain French Toast Slices 
Syrup
Crispy Sausage Links
Fresh Melon Cup
Cantaloupe

18 Fluffy Whole Grain Pancakes 
With Syrup
Crispy Sausage Links
Fresh Grapes

19 Fluffy Whole Grain Waffles 
With Syrup
Crispy Sausage Links
Pineapple

20 Whole Grain French Toast Slices 
With Syrup
Crispy Sausage Links
Strawberry Cup

21 Fluffy Whole Grain Pancakes 
With Syrup
Crispy Sausage Links
Fresh Banana

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31

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



We are Simply Rooted™ in food and family so our menu options are healthy, nutritious, flavorful, and made from wholesome, all natural, organic and non-GMO ingredients, whenever possible. Check us out at www.Whitsons.com or scan the QR code.



Breakfast Prices

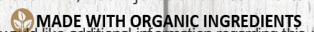
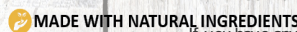
Regular: \$2.00
Reduced: \$0.25
Adult: \$3.75 plus Tax

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
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, fat free or 1% white milk, Fat Free Flavored Chocolate milk, 100% juice and fresh fruits



*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.