




Welcome to our Breakfast Cafe @ Lawrence High School

January 2018

Monday	Tuesday	Wednesday	Thursday	Friday
1 	2 Pancakes With Syrup Turkey Sausage links Fresh Apple Whole Grain Pancakes	3 Waffles With Syrup Turkey Sausage links Pineapple Whole Grain Waffles	4 French Toast Sticks Syrup Turkey Sausage links Fresh Banana Whole Grain French Toast	5 Pancakes Syrup Turkey Sausage links Fresh Orange Whole Grain Pancakes
8 French Toast Sticks Syrup Turkey Sausage links Melon Cup Whole Grain French Toast Watermelon	9 Pancakes Syrup Turkey Sausage links Fresh Red Grapes Whole Grain Pancakes	10 Waffles Syrup Turkey Sausage links Strawberry Cup Whole Grain Waffles	11 French Toast Sticks Syrup Turkey Sausage links Fresh Apple Whole Grain French Toast	12 Pancakes Syrup Turkey Sausage links Honeydew and Cantaloupe Cup Whole Grain Pancakes
15 	16 Pancakes With Syrup Turkey Sausage links Fresh Red Grapes Whole Grain Pancakes	17 Waffles With Syrup Turkey Sausage links Pineapple Whole Grain Waffles	18 French Toast Sticks With Syrup With Animal Crackers Turkey Sausage links Strawberry Cup Whole Grain French Toast	19 Pancakes With Syrup Turkey Sausage links Fresh Banana Whole Grain Pancakes
22 Mid Terms & Regents Week Limited Breakfast Service	23	24	25	26
29 French Toast Sticks Syrup Turkey Sausage links Melon Cup Whole Grain French Toast	30 Pancakes Syrup Turkey Sausage links Fresh Red Grapes Whole Grain Pancakes	31 Waffles With Syrup Turkey Sausage links Pineapple Whole Grain Waffles		

SIMPLY ROOTED™ in food and family

All of our entrées are made with lean meats, low-fat cheeses, and whole grain products. This is because we are Simply Rooted™ in food and family and we care about what we serve to our young customers.



Our ingredients are locally sourced, all natural, and organic or non-GMO, whenever possible.



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. Eat Free Flavored milk 100% juice and

*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.