

Welcome to our Breakfast Cafe @ Lawrence High School

December 2017

Monday

Tuesday

Wednesday

Thursday

Friday



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

Whole Grain Waffles



1	Pancakes Syrup Sausage Links Fresh Orange
	Whole Grain Pancakes

4	French Toast Syrup Sausage Links Melon Cup
	Whole Grain French Toast
	Watermelon

5	Pancakes Syrup Sausage Links Fresh Red Grapes
	Whole Grain Pancakes

6	Waffles Syrup Sausage Links Strawberries
	Whole Grain Waffles

7	French Toast Syrup Sausage Links Fresh Apple
	Whole Grain French Toast

8	Pancakes Syrup Sausage Links Honeydew and Cantaloupe Cup
	Whole Grain Pancakes

11	French Toast With Syrup Sausage Links Fresh Pear
	Whole Grain French Toast

12	Pancakes With Syrup Sausage Links Fresh Red Grapes
	Whole Grain Pancake

13	Waffles With Syrup Sausage Links Pineapple
	Whole Grain Waffle

14	French Toast With Syrup With Animal Crackers Sausage Links Strawberries
	Whole Grain French toast

15	Pancakes With Syrup Sausage Links Fresh Banana
	Whole Grain Pancakes

18	French Toast With Syrup Sausage Links Fresh Orange
	Whole Grain French Toast

19	Pancakes With Syrup Sausage Links Fresh Apple
	Whole Grain Pancakes

20	Waffles With Syrup Sausage Links Pineapple
	Whole Grain Waffles

21	French Toast Syrup Sausage Links
	Whole Grain French Toast

22	Pancakes Syrup Sausage Links Strawberries
	Whole Grain Waffles

25	Winter Recess
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SIMPLY ROOTED™ in food and family

Our chicken products were raised without the use of non-therapeutic antibiotics. Plus, all of our chicken and pork products are hormone free. This is because we are Simply Rooted™ in food



and family and use ingredients that 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.