

Welcome to our Breakfast Cafe @

Lawrence High School

March 2018

Monday

Tuesday

Wednesday

Thursday

Friday



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

- VEGETARIAN
- MADE WITH ORGANIC INGREDIENTS
- MADE WITH ALL NATURAL INGREDIENTS
- PORK
- VEGAN



			1 French Toast Syrup Turkey Sausage links Fresh Banana Whole Grain French Toast	2 Pancakes Syrup Turkey Sausage links Fresh Orange Whole Grain Pancakes
5 French Toast Syrup Turkey Sausage links Melon Cup Whole Grain French Toast	6 Pancakes Syrup Turkey Sausage links Fresh Grapes Whole Grain Pancakes	7 Waffles Syrup Turkey Sausage links Strawberry Cup Whole Grain Waffles	8 French Toast Syrup Turkey Sausage links Fresh Apple Whole Grain French Toast	9 Pancakes Syrup Turkey Sausage links Pineapple Whole Grain Pancakes
12 Watermelon French Toast Syrup Turkey Sausage links Melon Cup Whole Grain French Toast	13 Pancakes With Syrup Turkey Sausage links Fresh Grapes Whole Grain Pancakes	14 Waffles With Syrup Turkey Sausage links Pineapple Whole Grain Waffles	15 French Toast With Syrup With Animal Crackers Turkey Sausage links Strawberry Cup Whole Grain French Toast	16 Pancakes With Syrup Turkey Sausage links Fresh Banana Whole Grain Pancakes
19 French Toast Syrup Turkey Sausage links Melon Cup Whole Grain French Toast	20 Pancakes Syrup Turkey Sausage links Fresh Grapes Whole Grain Pancakes	21 Waffles Syrup Turkey Sausage links Strawberry Cup Whole Grain Waffles	22 French Toast Syrup Turkey Sausage links Fresh Apple Whole Grain French Toast	23 Pancakes Syrup Turkey Sausage links Fresh Banana Whole Grain Pancakes
26 French Toast Syrup Turkey Sausage links Melon Cup Whole Grain French Toast	27 Pancakes Syrup Turkey Sausage links Fresh Grapes Whole Grain Pancakes	28 Waffles With Syrup Turkey Sausage links Pineapple Whole Grain Waffles	29 Spring Recess School Closed	30 School Closed

SIMPLY ROOTED™ in food and family

Did you know that all of our tuna is dolphin safe? It's true, also, our shelled eggs are cage-free (or pasture-raised when possible). This is because we are Simply Rooted™ in food and family

and we care. 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, Fat Free Flavored Chocolate 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.