

Welcome to our Breakfast Cafe @

Lawrence High School

April 2018



Monday

Tuesday

Wednesday

Thursday

Friday

2 Spring Recess School Closed	3 School Closed	4 School Closed	5 School Closed	6 School Closed
9 French Toast Slices ✓ Syrup Crispy Sausage Links Fresh Melon Cup Whole Grain French Toast Watermelon	10 Fluffy Pancakes ✓ Syrup Crispy Sausage Links Fresh Grapes Whole Grain Pancakes	11 Fluffy Waffles ✓ Syrup Crispy Sausage Links Strawberry Cup Whole Grain Waffles	12 French Toast Slices ✓ Syrup Crispy Sausage Links Fresh Apple Whole Grain French Toast	13 Fluffy Pancakes ✓ Syrup Crispy Sausage Links Pineapple Whole Grain Pancakes
16 French Toast Slices ✓ Syrup Crispy Sausage Links Fresh Melon Cup Whole Grain French Toast	17 Fluffy Pancakes ✓ With Syrup Crispy Sausage Links Fresh Grapes Whole Grain Pancakes	18 Fluffy Waffles ✓ With Syrup Crispy Sausage Links Pineapple Whole Grain Waffles	19 French Toast Slices ✓ With Syrup Crispy Sausage Links Strawberry Cup Whole Grain French Toast	20 Fluffy Pancakes ✓ With Syrup Crispy Sausage Links Fresh Banana Whole Grain Pancakes
23 French Toast Slices ✓ Syrup Crispy Sausage Links Fresh Melon Cup Whole Grain French Toast	24 Fluffy Pancakes ✓ Syrup Crispy Sausage Links Fresh Grapes Whole Grain Pancakes	25 Fluffy Waffles ✓ Syrup Crispy Sausage Links Strawberry Cup Whole Grain Waffles	26 French Toast Slices ✓ Syrup Crispy Sausage Links Fresh Apple Whole Grain French Toast	27 Fluffy Pancakes ✓ Syrup Crispy Sausage Links Fresh Banana Whole Grain Pancakes
30 French Toast Slices ✓ Syrup Crispy Sausage Links Fresh Melon Cup Whole Grain French Toast	 <h2>FUEL YOUR DAY THE RIGHT WAY. EAT A HEALTHY BREAKFAST!</h2> <ul style="list-style-type: none"> VEGETARIAN MADE WITH ORGANIC INGREDIENTS MADE WITH ALL NATURAL INGREDIENTS P PORK VEGAN 			

SIMPLY ROOTED™ in food and family

We offer yogurt that is 100% all-natural or organic. Also, our hummus is organic and tahini-free. This is because we are Simply Rooted™ in food and family and we care about



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, Milk Choice: 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.