

Welcome to our Breakfast Cafe at...

Lawrence High School

September 2018

Monday

Tuesday

Wednesday

Thursday

Friday

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



<p>3</p> <p>Labor Day</p> <p>Closed</p>	<p>4</p> <p>Fluffy Whole Grain Waffles </p> <p>Fresh Apple</p>	<p>5</p> <p>Bacon, Egg and Cheese Breakfast Sandwich</p> <p>Sliced Oranges</p>	<p>6</p> <p>Fluffy Whole Grain Pancakes </p> <p>Fresh Banana</p>	<p>7</p> <p>Sausage, Egg and Cheese Sandwich </p> <p>Fresh Grapes</p>
<p>10</p> <p>Religious Holiday</p> <p>No School</p>	<p>11</p> <p>No School</p>	<p>12</p> <p>Fluffy Whole Grain Waffles </p> <p>Syrup</p> <p>Sliced Oranges</p>	<p>13</p> <p>Whole Grain French Toast Slices </p> <p>Syrup</p> <p>Fresh Apple</p>	<p>14</p> <p>Egg and Cheese Sandwich </p> <p>Pineapple</p>
<p>17</p> <p>Whole Grain French Toast Slices </p> <p>Syrup</p> <p>Fresh Peach</p>	<p>18</p> <p>Bacon, Egg and Cheese Breakfast Sandwich</p> <p>Sliced Oranges</p>	<p>19</p> <p>Religious Holiday</p> <p>No School</p>	<p>20</p> <p>Fluffy Whole Grain Pancakes </p> <p>Fresh Banana</p>	<p>21</p> <p>Sausage, Egg and Cheese Sandwich </p> <p>Fresh Grapes</p>
<p>24</p> <p>Sausage, Egg and Cheese Sandwich </p> <p>Fresh Apple</p>	<p>25</p> <p>Whole Grain French Toast Slices </p> <p>Syrup</p> <p>Watermelon Slices</p>	<p>26</p> <p>Egg and Cheese Sandwich </p> <p>Pineapple</p>	<p>27</p> <p>Fluffy Whole Grain Waffles </p> <p>Syrup</p> <p>Sliced Oranges</p>	<p>28</p> <p>Sausage, Egg and Cheese Sandwich </p> <p>Fresh Grapes</p>



Whitsons is offering Meatless Monday options! Studies have shown that increasing the amount of plant based proteins in your diet may reduce the risk of chronic preventable conditions such as cancer, cardiovascular disease, diabetes, and obesity.



Breakfast Prices

Regular: \$2.00
Reduced: \$0.25
Adult: \$2.30 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
- Yogurt parfait with Fresh Fruit and granola
- 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



MADE WITH NATURAL INGREDIENTS



PORK



MADE WITH ORGANIC INGREDIENTS

*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.