

# Welcome to our Breakfast Cafe at...

## Lawrence Middle School

# January 2019

Monday




Tuesday

Wednesday

Thursday

Friday

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

	<p>1</p> 	<p>2 Bacon, Egg and Cheese Breakfast Sandwich Fresh Orange</p>	<p>3 Fluffy Whole Grain Pancakes ✓ Fresh Banana</p>	<p>4 Bacon, Egg and Cheese Breakfast Sandwich Fresh Grapes</p>
<p>7 Fluffy Whole Grain Pancakes ✓ Fresh Grapes</p>	<p>8 Sausage, Egg and Cheese Sandwich Fresh Pear</p>	<p>9 Fluffy Whole Grain Waffles ✓ Fresh Orange</p>	<p>10 Bacon, Egg and Cheese Breakfast Sandwich <i>warm breakfast sandwich prepared in-house and made with bacon, egg, and cheese</i> Fresh Apple</p>	<p>11 Whole Grain French Toast Slices ✓ Syrup Fresh Banana</p>
<p>14 Sausage, Egg and Cheese Sandwich Fresh Pear</p>	<p>15 Fluffy Whole Grain Pancakes ✓ Fresh Grapes</p>	<p>16 Fluffy Whole Grain Waffles ✓ Strawberry Cup</p>	<p>17 Bacon, Egg and Cheese Breakfast Sandwich Fresh Banana</p>	<p>18 Whole Grain French Toast Slices ✓ Sliced Oranges</p>
<p>21</p> 	<p>22 Fluffy Whole Grain Waffles ✓ Honeydew and Cantaloupe Cup</p>	<p>23 Egg and Cheese Sandwich ✓ Fresh Pear</p>	<p>24 Fluffy Whole Grain Pancakes ✓ Fresh Banana</p>	<p>25 Whole Grain French Toast Slices ✓ Fresh Apple</p>
<p>28 Fluffy Whole Grain Waffles ✓ Fresh Orange</p>	<p>29 Bacon, Egg and Cheese Breakfast Sandwich <i>warm breakfast sandwich prepared in-house and made with bacon, egg, and cheese</i> Fresh Apple</p>	<p>30 Fluffy Whole Grain Pancakes ✓ Fresh Banana</p>	<p>31 Whole Grain French Toast Slices ✓ Fresh Apple</p>	



Our Simply Rooted™ food philosophy and sustainability platform is based on delivering wholesome, all-natural meals to everyone's table, while giving back to the environment.



### Breakfast Prices

Regular: \$2.00

Reduced: \$0.25

Adult Breakfast \$2.30 + tax

Breakfast is served in the cafe between the hours of 7:15 and 8:00 am

### Available Daily

Whole Grain Bagel w/low fat cream cheese or butter

Egg & Cheese On a Whole Grain Bagel  
Turkey Sausage Link

Yogurt Parfait with Fruit and Granola

Muffins: banana or-chocolate chip, blueberry

Assorted Cereals: Cinnamon Toast Crunch, Cheerios, Coco Puffs  
Fruity Cheerios, all served with cheese stick All served with whole grain choice of bread, fat free or 1% low fat white milk, Fat Free Chocolate milk, 100% juices and fresh



VEGETARIAN



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.