

Welcome to our Breakfast Cafe at...

Lawrence Middle School

December 2018













Monday

Tuesday

Wednesday

Thursday

Friday

3 Fluffy Whole Grain Pancakes  Crispy Sausage Links Strawberry Cup	4 Bacon, Egg and Cheese Breakfast Sandwich <i>warm breakfast sandwich prepared in-house and made with bacon, egg, and cheese</i> Fresh Pear	5 Fluffy Whole Grain Waffles  Crispy Sausage Links Fresh Orange	6 Whole Grain French Toast Slices  Crispy Sausage Links Fresh Apple	7 Egg and Cheese Sandwich  Pineapple
10 Fluffy Whole Grain Pancakes  Crispy Sausage Links Strawberry Cup	11 Whole Grain French Toast Slices  Crispy Sausage Links Fresh Grapes	12 Fluffy Whole Grain Waffles  Crispy Sausage Links Fresh Orange	13 Bacon, Egg and Cheese Breakfast Sandwich <i>warm breakfast sandwich prepared in-house and made with bacon, egg, and cheese</i> Fresh Apple	14 Whole Grain French Toast Slices  Syrup Crispy Sausage Links Fresh Banana
17 Fluffy Whole Grain Pancakes  Crispy Sausage Links Fresh Pear	18 Fluffy Whole Grain Waffles  Syrup Crispy Sausage Links Diced Peach Cup	19 Fluffy Whole Grain Pancakes  Syrup Crispy Sausage Links Strawberry Cup	20 Whole Grain French Toast Slices  Syrup Crispy Sausage Links Fresh Banana	21 Bacon, Egg and Cheese Breakfast Sandwich <i>warm breakfast sandwich prepared in-house and made with bacon, egg, and cheese</i> Fresh Pear
24	25	26	27	28

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



We are Simply Rooted™ in food and family so our menu options are healthy, nutritious, flavorful, and made from wholesome, all natural, organic and non-GMO ingredients, whenever possible. Check us out at www.Whitsons.com or scan the QR code.



Breakfast Prices

Regular: \$2.00

Reduced: \$0.25

Breakfast is served in the cafe between the hours of 7:15 and 7:45 am

Available Daily

Whole Grain Bagel w/low fat cream cheese
Egg & Cheese On a Whole Grain Bagel
Turkey Sausage Link

4oz Yogurt served with Fruit, choice of bread

Muffins: banana or-chocolate chip

Assorted Cereals: Cinnamon Toast Crunch, Cheerios, Coco Puffs
Fruity Cheerios, all served with Teddy Graham Cracker or cheese stick

All served with whole grain choice of bread, fat free or



MADE WITH NATURAL INGREDIENTS



WHOPORK



MADE WITH ORGANIC INGREDIENTS 90%

*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.