

# Welcome to our Breakfast Cafe at...

## Lawrence Middle School

# November 2018

Monday

Tuesday

Wednesday

Thursday

Friday

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



5 Whole Grain Chocolate Chip Muffin ✓ Fresh Apple	6 School Closed	7 Whole Grain French Toast Slices ✓ Crispy Sausage Links Fresh Orange	8 Bacon, Egg and Cheese Breakfast Sandwich Fresh Apple	9 Fluffy Whole Grain Pancakes ✓ Syrup Crispy Sausage Links Peaches
12 School Closed	13 Fluffy Whole Grain Waffles ✓ Syrup Crispy Sausage Links Fresh Orange	14 Egg and Cheese Sandwich ✓ Fresh Pear	15 Whole Grain Apple Cinnamon Crumb Muffin ✓ Fresh Banana	16 Whole Grain Pancakes with Sausage Fresh Pear
19 Whole Grain Banana Crumb Muffin ✓ Fresh Pear	20 Whole Grain French Toast Slices ✓ Syrup Crispy Sausage Links Fresh Melon Cup	21 Fluffy Whole Grain Waffles ✓ Crispy Sausage Links Syrup Fresh Grapes	22 School Closed	23 School Closed
26 Fluffy Whole Grain Pancakes ✓ Syrup Crispy Sausage Links	27 Egg and Cheese Sandwich ✓ Fresh Apple	28 Whole Grain Chocolate Chip Muffin ✓ Fresh Banana	29 Fluffy Whole Grain Waffles ✓ Crispy Sausage Links Fresh Grapes	30 Bacon, Egg and Cheese Breakfast Sandwich Fresh Apple



Whitsons is committed to the Farm-to-School movement and serving wholesome, high-quality meals prepared with fresh, locally sourced ingredients. Did you know that Whitsons sources an average of 52% of our total product mix locally?



### 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 chese stick

All served with whole grain choice of bread, fat free or 1% low fat white milk, Fat Free Chocolate, 100% juices and fresh fruits



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.