

Welcome to our Breakfast Cafe @

Lawrence Middle School

February 2018

Monday

Tuesday

Wednesday

Thursday

Friday

WHITSON'S School Nutrition
FUEL YOUR DAY THE RIGHT WAY. EAT A HEALTHY BREAKFAST!



- VEGETARIAN
- MADE WITH ORGANIC INGREDIENTS
- P PORK
- V VEGAN
- MADE WITH ALL NATURAL INGREDIENTS

<p>5 Pancakes </p> <p>Turkey Sausage links Strawberry Cup</p> <p>Whole Grain Pancakes</p>	<p>6 French Toast </p> <p>Turkey Sausage links Fresh Grapes</p> <p>Whole Grain French Toast</p>	<p>7 Waffles </p> <p>Turkey Sausage links Fresh Orange</p> <p>Whole Grain Waffles</p>	<p>8 Bacon, Egg and Cheese Breakfast Sandwich <i>breakfast sandwich complete with bacon, egg, and cheese</i></p> <p>Turkey Sausage links Fresh Apple</p> <p>Served on a Whole Wheat Bagel</p>	<p>9 French Toast </p> <p>Syrup Turkey Sausage links Fresh Banana</p> <p>Whole Grain French Toast</p>
<p>12 French Toast </p> <p>Turkey Sausage links Fresh Pear</p> <p>Whole Grain French Toast</p>	<p>13 Waffles </p> <p>Syrup Turkey Sausage links Diced Peach Cup</p> <p>Whole Grain Waffles</p>	<p>14 Pancakes </p> <p>Syrup Turkey Sausage links Strawberry Cup</p> <p>Whole Grain Pancakes</p>	<p>15 French Toast </p> <p>Syrup Turkey Sausage links Fresh Banana</p> <p>Whole Grain French Toast</p>	<p>16 Bacon, Egg and Cheese Breakfast Sandwich <i>breakfast sandwich complete with bacon, egg, and cheese</i></p> <p>Fresh Pear</p> <p>Served on a Whole Wheat Bagel</p>
<p>19</p> <p>PRESIDENT'S DAY</p>	<p>20 Winter Recess</p>	<p>21</p>	<p>22</p>	<p>23</p>
<p>26 Pancakes </p> <p>Turkey Sausage links Sliced Oranges</p> <p>Whole Grain Pancakes</p>	<p>27 Waffles </p> <p>Syrup Turkey Sausage links Diced Peach Cup</p> <p>Whole Grain Waffle</p>	<p>28 French Toast </p> <p>Turkey Sausage links Fresh Pear</p> <p>Whole Grain French Toast</p>		

SIMPLY ROOTED™ in food and family

At Whitsons we believe that MSG, partially hydrogenated oils, artificial colors, flavors or preservatives and high fructose corn syrup do not need to be in the foods we eat. We are Simply

Rooted™ in food and family and we care. Our ingredients are locally sourced, all natural, and organic or non-GMO, whenever possible.



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

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