

Welcome to our Breakfast Cafe at...

Lawrence Middle School

September 2018

Monday

Tuesday

Wednesday

Thursday

Friday

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



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

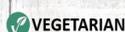


Breakfast Prices

Regular: \$2.00
Reduced: \$0.25
Adult Breakfast \$2.30 + tax
Breakfast is served in the cafe beginning at 7:15 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.