

Welcome to our Breakfast Cafe @

Lawrence Elementary School

March 2018

Monday

Tuesday

Wednesday

Thursday

Friday



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

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



5 Banana Muffin Fresh Pear	6 Pancakes & Sausage Syrup Strawberry Cup Whole Grain Pancakes	7 Chocolate Chip Muffin Fresh Orange	8 Waffles Fresh Apple Whole Grain Waffles	9 French Toast Fresh Grapes Whole Grain French Toast
12 Blueberry Muffin Pineapple	13 Pancakes Applesauce Whole Grain Pancakes	14 Banana Muffin Fresh Orange	15 French Toast Syrup Fresh Banana Whole Grain French Toast	16 Waffles with Sausage Fresh Pear Whole Grain Waffles
19 Banana Muffin Fresh Pear	20 Pancakes Diced Peach Cup Whole Grain Pancakes	21 Chocolate Chip Muffin Fresh Orange	22 French Toast Syrup Fresh Banana Whole Grain French Toast	23 Waffles with Sausage Pineapple Whole Grain Waffles
26 Chocolate Chip Muffin Fresh Orange	27 French Toast Fresh Pear Whole Gran French Toast	28 Banana Muffin Applesauce	29	30

SIMPLY ROOTED™ *in food and family*

Did you know that all of our tuna is dolphin safe? It's true, also, our shelled eggs are cage-free (or pasture-raised when possible). This is because 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 1/2 hour prior to classes begin

Available Daily

Whole Grain Bagel with Low Fat Cream Cheese
4oz Yogurt Meal served with Fruit and Grain choice

Assorted Whole Grain Reduced Sugar Cereals: Cinnamon Toast Crunch, Cheerios, Fruity Cheerios, Coco Puffs

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

If you have any questions or would like additional information regarding this menu please contact your food service office

516.295.7040

*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.