

# Welcome to our Breakfast Cafe @

Lawrence Elementary School

April 2018

Monday

Tuesday

Wednesday

Thursday

Friday



2 School Closed Spring Break	3 School Closed	4 School Closed	5 School Closed	6 School Closed
9 Whole Grain Banana Muffin Fresh Pear	10 Pancakes & Sausage Syrup Strawberry Cup  Whole Grain Panckes	11 Chocolate Chip Muffin Fresh Orange	12 Fluffy Waffles Fresh Apple  Whole Grain Waffles	13 French Toast Slices Fresh Grapes  Whole Grain French Toast
16 Blueberry Muffin Pineapple	17 Fluffy Pancakes Applesauce Whole Grain Pancakes	18 Whole Grain Banana Muffin Fresh Orange	19 French Toast Slices With Syrup Fresh Banana  Whole Grain French Toast	20 Waffles with Sausage Fresh Pear  Whole Grain Waffles
23 Whole Grain Banana Muffin Fresh Pear	24 Fluffy Pancakes Diced Peach Cup  Whole Grain Pancake	25 Chocolate Chip Muffin Fresh Orange	26 French Toast Slices With Syrup Fresh Banana  Whole Grain French Toast	27 Waffles with Sausage Pineapple
30 Chocolate Chip Muffin Fresh Orange	<p><b>FUEL YOUR DAY THE RIGHT WAY. EAT A HEALTHY BREAKFAST!</b></p> <p>  VEGETARIAN                MADE WITH ORGANIC INGREDIENTS   MADE WITH ALL NATURAL INGREDIENTS                PORK                VEGAN         </p>			

## SIMPLY ROOTED™ in food and family

We offer yogurt that is 100% all-natural or organic. Also, our hummus is organic and tahini-free. This is because we are Simply Rooted™ in food and family and we care about



our young customers. 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.