

# Welcome to our Breakfast Cafe @ Lawrence High School

May 2018

Monday

Tuesday

Wednesday

Thursday

Friday



	1 Fluffy Pancakes Syrup Crispy Sausage Links Fresh Grapes  Whole Grain Pancakes	2 Fluffy Waffles Syrup Crispy Sausage Links Strawberry Cup  Whole Grain Waffles	3 French Toast Slices Syrup Crispy Sausage Links Fresh Apple  Whole Grain French Toast	4 Fluffy Pancakes Syrup Crispy Sausage Links Fresh Banana  Whole Grain Pancakes
7 French Toast Slices Syrup Crispy Sausage Links Fresh Melon Cup  Whole Grain French Toast  Watermelon	8 Fluffy Pancakes Syrup Crispy Sausage Links Fresh Grapes  Whole Grain Pancakes	9 Fluffy Waffles Syrup Crispy Sausage Links Strawberry Cup  Whole Grain Waffles	10 French Toast Slices Syrup Crispy Sausage Links Fresh Apple  Whole Grain French Toast	11 Fluffy Pancakes Syrup Crispy Sausage Links Pineapple  Whole Grain Pancakes
14 French Toast Slices Syrup Crispy Sausage Links Fresh Melon Cup  Whole Grain French Toast	15 Fluffy Pancakes With Syrup Crispy Sausage Links Fresh Grapes  Whole Grain Pancakes	16 Fluffy Waffles With Syrup Crispy Sausage Links Pineapple  Whole Grain Waffles	17 French Toast Slices With Syrup Crispy Sausage Links Strawberry Cup  Whole Grain French Toast	18 Fluffy Pancakes With Syrup Crispy Sausage Links Fresh Banana  Whole Grain Pancakes
21 French Toast Slices Syrup Crispy Sausage Links Fresh Melon Cup  Whole Grain French Toast	22 Fluffy Pancakes Syrup Crispy Sausage Links Fresh Grapes  Whole Grain Pancakes	23 Fluffy Waffles Syrup Crispy Sausage Links Strawberry Cup  Whole Grain Waffles	24 French Toast Slices Syrup Crispy Sausage Links Fresh Apple  Whole Grain French Toast	25 Fluffy Pancakes Syrup Crispy Sausage Links Fresh Banana  Whole Grain Pancakes
28 Memorial Day Summer Meal Services Five Towns Community Center 561.239-6244 270 Lawrence Avenue, Lawrence, NY	29 Fluffy Pancakes Syrup Crispy Sausage Links Fresh Grapes  Whole Grain Pancakes	30 Fluffy Waffles Syrup Crispy Sausage Links Strawberry Cup  Whole Grain Waffles	31 French Toast Slices Syrup Crispy Sausage Links Sliced Oranges  Whole Grain French Toast	



## SIMPLY ROOTED™ in food and family

We offer a variety of balanced choices to satisfy the needs of customers. 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.



VEGETARIAN

MADE WITH ALL NATURAL INGREDIENTS

PORK

VEGAN

MADE WITH ORGANIC INGREDIENTS

### Breakfast Prices

Regular: \$2.00  
Reduced: \$0.25  
Adult: \$3.75 plus Tax

Breakfast is served in the cafe between the hours of 7:15 and 8:00am

### Available Daily

- Whole grain bagel w/ low fat cream cheese
- Egg & Cheese on Whole Wheat Kaiser Roll
- 4oz Yogurt with Fresh Fruit & Grain
- Assorted Muffins: blueberry, chocolate chip or banana
- Assorted Cereal Reduced Sugar Whole Grain Cereals: Cinnamon Crunch Toast, Coco Puffs, Graham Cracker or Cheese stick

All served with Whole Grain Bread, Milk Choice: fat free or 1% white milk, Fat Free Flavored Chocolate milk, 100% juice and fresh fruits

\*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.