



Welcome to our Breakfast Cafe

Lawrence Early Childhood Center #4

September 2021

The USDA has approved FREE breakfast and lunch for all students attending schools on the NSLP/SBP for the 2021-2022 school year. Menu selections may vary from those on the menu due to the COVID related impact on production, distribution and delivery.

Monday

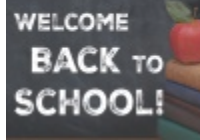
Tuesday

Wednesday

Thursday

Friday

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



2 Red. Sugar Cinnamon Toast Crunch Cereal ✓
Graham Crackers
Fresh Orange

3 Red. Sugar Cocoa Puffs Cereal ✓
Graham Crackers
Fresh Banana



7 SCHOOL CLOSED TODAY

8 SCHOOL CLOSED TODAY

9 Red. Sugar Cocoa Puffs Cereal ✓
Graham Crackers
Fresh Banana

10 WG Chocolate Chip Muffin ✓
Diced Peach Cup

13 Fruity Cheerios Cereal ✓
Graham Crackers
Fresh Pear

14 Cheerios Cereal ✓
Graham Crackers
Fresh Apple

15 Red. Sugar Cinnamon Toast Crunch Cereal ✓
Graham Crackers
Fresh Orange

16 SCHOOL CLOSED TODAY

17 WG Chocolate Chip Muffin ✓
Diced Peach Cup

20 Fruity Cheerios Cereal ✓
Graham Crackers
Fresh Pear

21 Cheerios Cereal ✓
Graham Crackers
Fresh Apple

22 Red. Sugar Cinnamon Toast Crunch Cereal ✓
Graham Crackers
Fresh Orange

23 Red. Sugar Cocoa Puffs Cereal ✓
Graham Crackers
Fresh Banana

24 WG Chocolate Chip Muffin ✓
Diced Peach Cup

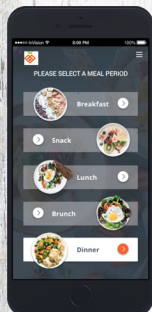
27 Fluffy Whole Grain Waffles ✓
Fresh Pear

28 Cheerios Cereal ✓
Graham Crackers
Fresh Apple

29 Red. Sugar Cinnamon Toast Crunch Cereal ✓
Graham Crackers
Fresh Orange

National School Milk Day

30 Red. Sugar Cocoa Puffs Cereal ✓
Graham Crackers
Fresh Banana



Whitsons is Simply Rooted® in food and family, and our menus are nutritious and flavorful.

Check out our mobile menu at www.FDMealPlanner.com or download

FD MealPlanner free of charge, from the App Store or Google Play, and view your menu on your mobile device anywhere.



Breakfast Prices

Regular: \$0.00

Free & Reduced No Charge

Adult Breakfast \$2.30 + tax

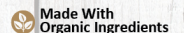
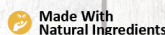
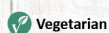
Breakfast is served in the classroom

Available Daily

Whole Grain Bagel w/ low fat cream cheese

4oz yogurt w/cheese stick, fruit & grain, Assorted Cereals: Cinnamon Toast Crunch, Fruity Cheerios, Cheerios, Coco Puffs. All served with honey graham crackers, 1% white, fat free milk, 100% Fruit Juices and fresh fruits

If you have any questions or would like additional information regarding this menu please contact your food service director at: 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.



Bienvenido a Nuestro Desayuno

Lawrence Early Childhood Center #4

Setiembre 2021

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Lunes

Martes

Miércoles

Jueves

Viernes

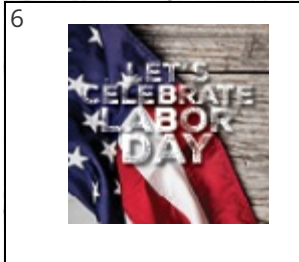
**ENERGIA TU
DIA. COMIENDO
UN DESAYUNO
SALUDABLE!**



1
**SCHOOL
CLOSED
TODAY**

2
Cinnamon Toast
Crunch
Galletas de Vainilla
Naranja Fresca

3
Cereal Cocoa Puffs
Bajo en Azúcar
Galletas de Vainilla
Banana Fresca



7
**SCHOOL
CLOSED
TODAY**

8
**SCHOOL
CLOSED
TODAY**

9
Cereal Cocoa Puffs
Bajo en Azúcar
Galletas de Vainilla
Banana Fresca

10
Molette de Chocolate
Durazno Picados

13
Cereal Integral de
Frutas Cheerios
Galletas de Vainilla
Pera Frescas

14
Cheerios
Galletas de Vainilla
Manzana Fresca

15
Cinnamon Toast
Crunch
Galletas de Vainilla
Naranja Fresca

16
**SCHOOL
CLOSED
TODAY**

17
Molette de Chocolate
Durazno Picados

20
Cereal Integral de
Frutas Cheerios
Galletas de Vainilla
Pera Frescas

21
Cheerios
Galletas de Vainilla
Manzana Fresca

22
Cinnamon Toast
Crunch
Galletas de Vainilla
Naranja Fresca

23
Cereal Cocoa Puffs
Bajo en Azúcar
Galletas de Vainilla
Banana Fresca

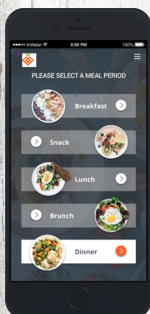
24
Molette de Chocolate
Durazno Picados

27
Waffles
Pera Frescas

28
Cheerios
Galletas de Vainilla
Manzana Fresca

29
Cinnamon Toast
Crunch
Galletas de Vainilla
Naranja Fresca

30
Cereal Cocoa Puffs
Bajo en Azúcar
Galletas de Vainilla
Banana Fresca



Somos Simply Rooted® en comida y familia y nuestros menús son nutritivos y sabrosos. Consulte nuestro nuevo menú móvil en www.FDMealPlanner.com o descargue nuestra aplicación FD MealPlanner de forma gratuita, desde la App Store o Google Play, y acceda a su menú desde cualquier lugar que se encuentre a través de su dispositivo móvil.



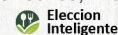
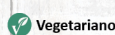
Precio del Desayuno

Regular: \$0.00

Reducido: \$0.00

Desayuno Disponible Diariamente

Bagel integral con matequilla o queso crema bajo en grasa
Surtido de Magdalenas: Magdalena Integral con Chispas de Chocolate, Magdalena Integral de Arándano, Magdalena Integral de Maíz
Surtido de Cereales: Cinnamon Toast Crunch, Honey Nut Cheerios, Rice Krispies



* Consumo de carne, pollo, pescado, mariscos o huevos crudo o mal cocida puede aumentar su riesgo de enfermedades transmitidas por alimentos, especialmente si usted tiene ciertas condiciones médicas. Menú está sujeto a cambios, aviso publicado si está disponible. Esta institución es un proveedor de igualdad de oportunidades, empleador y prestamista.



Welcome to our Lunch Cafe

Lawrence Early Childhood Center #4

September 2021

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Monday

Tuesday

Wednesday

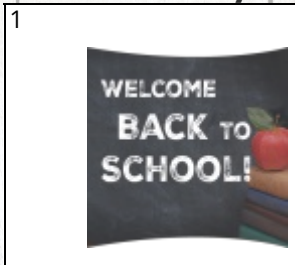
Thursday

Friday



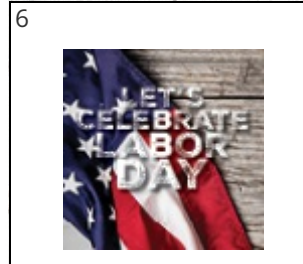
HARVEST of the MONTH

Whitsons proudly supports clean, sustainable agriculture! We also focus on using ingredients that are locally sourced, all-natural, organic and non-GMO whenever possible.



2 Chicken Nuggets
Whole Wheat Dinner Roll
Black Beans
Roasted Butternut Squash
Fresh Apple

3 Classic Cheese Pizza
Steamed Broccoli
Cucumber Coins
Sliced Oranges



7 SCHOOL CLOSED TODAY

8 SCHOOL CLOSED TODAY

9 Crispy Popcorn Chicken
French Bread
Steamed Carrots
Cinnamon & Honey
Roasted Beans
Fresh Pear

10 Classic Cheese Pizza
Or Broccoli Pizza
Sweet Corn
Celery
Fresh Grapes

13 Homemade Mac & Cheese
French Bread
Steamed Broccoli
Garden Salad
Sliced Oranges

14 Cheeseburger
burger topped with cheese on a freshly toasted bun
Crispy Potato Puffs
Grape Tomatoes
Fresh Apple
Beef Burger served on WG Bun

15 Grilled Cheese Sandwich
Celery
Cauliflower Popcorn
Watermelon Slices
WG Sugar Cookie
IT'S STUDENT APPRECIATION DAY

16 SCHOOL CLOSED TODAY

17 Classic Cheese Pizza
Or Buffalo Chicken Pizza
Green Beans
Garden Salad
Fresh Grapes

20 Cheesy Stuffed Bread Sticks
Sweet Corn
Chilled Red Pepper Strips
Sliced Oranges

21 Turkey Hot Dog on WW Bun
Sweet Potato Fries
Cucumber Coins
Fresh Melon Cup
David's Chocolate Chip Cookie
IT'S STUDENT APPRECIATION DAY

22 Nachos Grande
Orange Glazed Carrots
Garden Salad
Fresh Apple
seasoned ground beef

23 Chicken Nuggets
Cinnamon & Honey
Roasted Beans
Cauliflower Popcorn
Fresh Banana

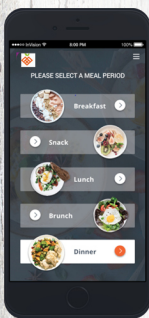
24 Pizza Bagel
Or French Bread Pizza
Green Beans
Garden Salad
Pineapple

27 Cinnamon French Toast
Turkey Sausage Patty
Buttered Corn
Green Pepper Slices
Fresh Apple
BRUNCH FOR LUNCH TODAY!

28 Homemade Baked Pasta with Cheese
Whole Wheat Dinner Roll
Garden Salad
Fresh Baby Carrots
Strawberry Cup

29 Meatball Hero
Cucumber Coins
Sautéed Spinach
Honeydew and Cantaloupe Cup
Beef Meatball served on whole wheat roll

30 Nachos Grande
tortilla chips topped with freshly prepared mexi style meat and cheese sauce
Black Beans
Salsa
Pineapple
seasoned ground beef



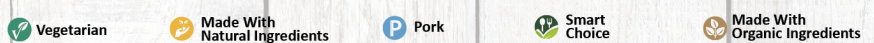
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Daily Alternative Entrees:

- 4oz Yogurt, with Cheese Stick and Carrot Sticks.
- American Cheese Sandwich served on WG Bread
- Available Daily: Apple, Oranges, Bananas Fresh Carrot, Celery, Cucumber, Side Romaine Salad

- Milk Choices: White 1% and Fat Free, Fat Free Chocolate
- 100% concentrated Juice
- School Lunch Office 516. 295-7040
- Lunch No Charge
- order online www.getchoosi.com
- pay online www.scholarship.com



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Bienvenido a Nuestro Almuerzo

Lawrence Early Childhood Center #4

Setiembre 2021

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Lunes



Martes

HARVEST of the MONTH

Whitsons se enorgullece de apoyar la agricultura limpia y sostenible. También nos enfocamos en el uso de ingredientes que son de origen local, totalmente naturales, orgánicos y no transgénicos, siempre que sea posible.

Miércoles

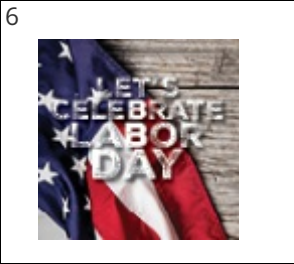
1
SCHOOL CLOSED TODAY

Jueves

2
Pepitas de Pollo
Rollo Integral
Frijoles
Zapallo Rostizado
Manzana Fresca

Viernes

3
Pizza de Queso
Brócoli Cocido Al Vapor
Rodajas de Pepinos
Naranja en Rodajas



7
SCHOOL CLOSED TODAY

8
SCHOOL CLOSED TODAY

9
Palomitas De Pollo
Pan Francés
Zanahorias
Frijoles Asados De Canela Y Miel
Pera Frescas

10
Pizza de Queso
o Pizza con Brócoli
Maiz
Apio
Uvas Rojas

13
Macarroned con Queso
Pan Francés
Brócoli Cocido Al Vapor
Ensalada De Verduras
Naranja en Rodajas

14
Hamburguesa con Queso
hamburguesa a la parrilla con queso en un pan de hamburguesa
Bolitas de Papas
Tomates Pequeños
Manzana Fresca

15
Pan Tostado con Queso
Apio
Palomitas de coliflor
Rebanadas de sandía
La galleta de azúcar

16
SCHOOL CLOSED TODAY

17
Pizza de Queso
o Pizza de Pollo al Búfalo
Frijoles Verdes
Ensalada De Verduras
Uvas Rojas

20
Palitos de pan Rellenos de Queso
Maiz
Tiras De Pimiento Rojo
Naranja en Rodajas

21
Turkey Hot Dog on WW Bun
Patatas Dulces Fritas
Rodajas de Pepinos
Taza de Melón
Galleta con chispas de chocolate

22
Nachos a la Grande
Zanahorias Glaseadas con Naranja
Ensalada De Verduras
Manzana Fresca

23
Pepitas de Pollo
Frijoles Asados De Canela Y Miel
Palomitas de coliflor
Banana Fresca

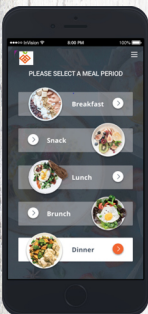
24
Bollo de Pizza
o Pizza De Pan Francés
Frijoles Verdes
Ensalada De Verduras
Piña

27
Tostada Francesa
Turkey Sausage Patty
Maiz con Mantequilla
Rebanadas de Pimientos Verdes
Manzana Fresca

28
Pasta casera con Queso al Horno
Rollo Integral
Ensalada De Verduras
Zanahorias
Las Fresas

29
Sándwich De Albóndigas Con Queso
Parmesano
Rodajas de Pepinos
Espinaca Salteada
Taza de melón

30
Nachos a la Grande
chips de tortillas cubiertas con carne de res estilo mexi y salsa de queso
Frijoles
Salsa
Piña



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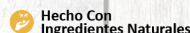
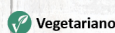
PRECIO DEL ALMUERZO

Regular: \$0.00

Reducio: \$0.00

Almuerzos prepagados: cheques a nombre de Hauppauge Lunch Fund

ALMUERZO ALTERNATIVO DISPONIBLE



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