



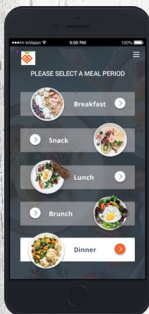
Welcome to our Breakfast Cafe

Lawrence Early Childhood Center #4

January 2022

The USDA has approved FREE breakfast and lunch for all students attending schools on the NSLP/SBP for the 2021-2022 school year.

Monday	Tuesday	Wednesday	Thursday	Friday
3 Fruity Cheerios Cereal Graham Crackers Fresh Pear	4 Cheerios Cereal Graham Crackers Fresh Apple	5 Red. Sugar Cinnamon Toast Crunch Cereal Graham Crackers Fresh Orange	6 Red. Sugar Cocoa Puffs Cereal Graham Crackers Fresh Grapes	7 Fruity Cheerios Cereal Graham Crackers Fresh Banana
10 Fruity Cheerios Cereal Graham Crackers Fresh Pear	11 Red. Sugar Froot Loops Cereal Graham Crackers Pineapple	12 Red. Sugar Cinnamon Toast Crunch Cereal Graham Crackers Fresh Orange	13 Red. Sugar Cocoa Puffs Cereal Graham Crackers Organic Applesauce	14 WG Chocolate Chip Muffin 100% Apple Juice
17 MARTIN LUTHER KING JR. DAY	18 Cheerios Cereal Graham Crackers Fresh Apple	19 Red. Sugar Cinnamon Toast Crunch Cereal Graham Crackers Fresh Orange	20 Red. Sugar Cocoa Puffs Cereal Graham Crackers Fresh Banana	21 WG Chocolate Chip Muffin Orange Juice
24 Fruity Cheerios Cereal Graham Crackers Fresh Pear	25 Cheerios Cereal Graham Crackers Fresh Apple	26 Red. Sugar Cinnamon Toast Crunch Cereal Graham Crackers Fresh Orange	27 Red. Sugar Cocoa Puffs Cereal Graham Crackers Fresh Banana	28 WG Chocolate Chip Muffin Fresh Grapes
31 Graham Crackers Fruity Cheerios Cereal Fresh Pear	<h2>FUEL YOUR DAY THE RIGHT WAY. EAT A HEALTHY BREAKFAST!</h2> 			



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.

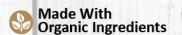
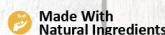
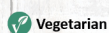


Breakfast Prices

Regular: \$0.00
 Free & Reduced No Charge
 Adult Breakfast \$2.57 + tax
 Breakfast is served in the classroom

Available Daily

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

Enero 2022

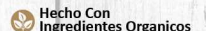
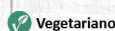
El USDA ha aprobado desayuno y almuerzo gratis para todos los estudiantes de aquellas escuelas que pertenecen al NSLP/SBP para el año escolar 2021-2022. Las selecciones de menú pueden diferir de las enumeradas en el menú original debido al impacto relacionado con COVID en la producción, distribución y entrega de ingredientes.

Lunes	Martes	Miércoles	Jueves	Viernes
3 Cereal Integral de Frutas Cheerios Galletas de Vainilla Pera Frescas	4 Cheerios Galletas de Vainilla Manzana Fresca	5 Cinnamon Toast Crunch Galletas de Vainilla Naranja Fresca	6 Cereal Cocoa Puffs Bajo en Azúcar Galletas de Vainilla Uvas Rojas	7 Cereal Integral de Frutas Cheerios Galletas de Vainilla Banana Fresca
10 Cereal Integral de Frutas Cheerios Galletas de Vainilla Pera Frescas	11 Cereal Froot Loops Bajo en Azúcar Galletas de Vainilla Piña	12 Cinnamon Toast Crunch Galletas de Vainilla Naranja Fresca	13 Cereal Cocoa Puffs Bajo en Azúcar Galletas de Vainilla Pure de Manzana Orgánica	14 Molette de Chocolate Jugo de Manzana
17	18 Cheerios Galletas de Vainilla Manzana Fresca	19 Cinnamon Toast Crunch Galletas de Vainilla Naranja Fresca	20 Cereal Cocoa Puffs Bajo en Azúcar Galletas de Vainilla Banana Fresca	21 Molette de Chocolate Jugo de Naranja
24 Cereal Integral de Frutas Cheerios Galletas de Vainilla Pera Frescas	25 Cheerios Galletas de Vainilla Manzana Fresca	26 Cinnamon Toast Crunch Galletas de Vainilla Naranja Fresca	27 Cereal Cocoa Puffs Bajo en Azúcar Galletas de Vainilla Banana Fresca	28 Molette de Chocolate Uvas Rojas
31 Galletas de Vainilla Cereal Integral de Frutas Cheerios Pera Frescas				

ENERGIA TU DIA. COMIENDO UN DESAYUNO SALUDABLE!



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.



* 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

January 2022

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Monday

Tuesday

Wednesday


Thursday

Friday

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



4 Chicken Sausage
Pancake Bites
Syrup
Crispy Potato Puffs
Grape Tomatoes
Fresh Apple



5 Turkey Hot Dog on Bun
Orange Glazed Carrots
Cucumber Coins
Strawberry Cup

6 Crispy Popcorn Chicken
French Bread
Green Beans
Cinnamon & Honey
Roasted Beans
Apricot Cup

7 Classic Cheese Pizza
Or Bacon Pizza
Cauliflower Popcorn
Fresh Baby Carrots
Fresh Pear

Turkey Bacon Pizza

10 Cheesy Stuffed Bread Sticks
With Spaghetti Sauce
Steamed Peas
Caesar Salad
Fresh Orange

11 NY Beef Burger
Or Cheeseburger
Sweet Potato Fries
Green Pepper Slices
Fresh Melon Cup

Fresh Cantaloupe

12 Grilled Cheese Sandwich
Steamed Broccoli
Fresh Baby Carrots
Fresh Grapes
Mini Pretzel Twists

IT'S STUDENT APPRECIATION DAY

13 Crispy Popcorn Chicken
French Bread
Steamed Carrots
Cinnamon & Honey
Roasted Beans
Mixed Berry Cup

14 Classic Cheese Pizza
Or Broccoli Pizza
Steamed Carrots
Celery
Pineapple

Cheese pizza topped with Broccoli florets

17



18 NY Beef Burger
Or Cheeseburger
Crispy Potato Puffs
Grape Tomatoes
Fresh Apple

19 Chicken Nuggets
Brown Rice
Roasted Squash
Cucumber Coins
Watermelon Slices
WG Sugar Cookie

Butternut Squash

IT'S STUDENT APPRECIATION DAY

20 Nachos Grande
Black Beans
Steamed Carrots
Pineapple

seasoned ground beef

21 Classic Cheese Pizza
Buffalo Chicken Pizza
Green Beans
Celery
Fresh Grapes

24 Cheesy Stuffed Bread Sticks
With Spaghetti Sauce
Sweet Corn
Chilled Red Pepper Strips
Sliced Oranges

25 Turkey Hot Dog on Bun
Sweet Potato Fries
Cucumber Coins
Fresh Grapes
David's Chocolate Chip Cookie

IT'S STUDENT APPRECIATION DAY

26 Nachos Grande
Black Beans
Orange Glazed Carrots
Fresh Apple

Seasoned Ground Beef

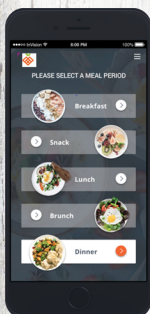
27 Chicken Nuggets
Whole Wheat Dinner Roll
Cinnamon & Honey
Roasted Beans
Cauliflower Popcorn
Fresh Pear

28 Pizza Bagel
melted cheese and tomato sauce on a toasted bagel, baked to perfection
Or French Bread Pizza
toasted French bread topped with pizza sauce and melted cheese
Green Beans
Garden Salad

31 Homemade Baked Pasta with Cheese
Whole Wheat Dinner Roll
Buttered Corn
Green Pepper Slices
Fresh Apple

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.



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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.

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

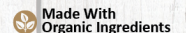
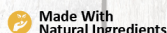
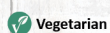
School Lunch Office 516. 295-8086

Student Lunch No Charge

Adult Lunch \$4.78 + tax

order online www.getchoosi.com

pay online www.payschools.com



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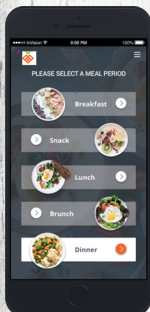
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3 Homemade Mac & Cheese French Bread Steamed Broccoli Garden Salad Sliced Oranges	4 Chicken Sausage Pancake Bites Syrup Crispy Potato Puffs Grape Tomatoes Fresh Apple BRUNCH FOR LUNCH TODAY!	5 Turkey Hot Dog on Bun Orange Glazed Carrots Cucumber Coins Strawberry Cup	6 Crispy Popcorn Chicken French Bread Green Beans Cinnamon & Honey Roasted Beans Apricot Cup	7 Classic Cheese Pizza Or Bacon Pizza Cauliflower Popcorn Fresh Baby Carrots Fresh Pear Turkey Bacon Pizza
10 Cheesy Stuffed Bread Sticks With Spaghetti Sauce Steamed Peas Caesar Salad Fresh Orange	11 NY Beef Burger Or Cheeseburger Sweet Potato Fries Green Pepper Slices Fresh Melon Cup Fresh Cantaloupe	12 Grilled Cheese Sandwich Steamed Broccoli Fresh Baby Carrots Fresh Grapes Mini Pretzel Twists IT'S STUDENT APPRECIATION DAY	13 Crispy Popcorn Chicken French Bread Steamed Carrots Cinnamon & Honey Roasted Beans Mixed Berry Cup	14 Classic Cheese Pizza Or Broccoli Pizza Steamed Carrots Celery Pineapple Cheese pizza topped with Broccoli florets
17  MARTIN LUTHER KING JR. DAY	18 NY Beef Burger Or Cheeseburger Crispy Potato Puffs Grape Tomatoes Fresh Apple	19 Chicken Nuggets Brown Rice Roasted Squash Cucumber Coins Watermelon Slices WG Sugar Cookie Butternut Squash IT'S STUDENT APPRECIATION DAY	20 Nachos Grande Black Beans Steamed Carrots Pineapple seasoned ground beef	21 Classic Cheese Pizza Buffalo Chicken Pizza Green Beans Celery Fresh Grapes
24 Cheesy Stuffed Bread Sticks With Spaghetti Sauce Sweet Corn Chilled Red Pepper Strips Sliced Oranges	25 Turkey Hot Dog on Bun Sweet Potato Fries Cucumber Coins Fresh Grapes David's Chocolate Chip Cookie IT'S STUDENT APPRECIATION DAY	26 Nachos Grande Black Beans Orange Glazed Carrots Fresh Apple Seasoned Ground Beef	27 Chicken Nuggets Whole Wheat Dinner Roll Cinnamon & Honey Roasted Beans Cauliflower Popcorn Fresh Pear	28 Pizza Bagel melted cheese and tomato sauce on a toasted bagel, baked to perfection Or French Bread Pizza toasted French bread topped with pizza sauce and melted cheese Green Beans Garden Salad
31 Homemade Baked Pasta with Cheese Whole Wheat Dinner Roll Buttered Corn Green Pepper Slices Fresh Apple				

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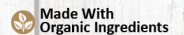
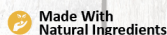
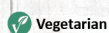
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