Welcome to our WHITSONS Breakfast Cafe

Lawrence High School

VEGGABOLS In an effort to reach our goal of 10% plant based offerings by 2024, Whitsons has partnered with the Humane Society of the US to bring you new plant based entrees through our new Veggabols promotion.

THE HUMANE SOCIETY
OF THE UNITED STATES

Monday

FUEL YOUR DAY

THE RIGHT WAY

EAT A HEALT

BREAKFAST

Tuesday

Wednesday

WELCOME

BACK TO

SCHOOL!

Thursday Apple Cinnamon Muffin 👩 Fresh Apple

Friday Egg and Cheese Sandwich @ Turkey Sausage Patty Fresh Banana

WG Chocolate Chip Muffin 👩 Fresh Orange

Egg and Cheese Sandwich 🍘 Watermelon Slices

Toast Slices @ Syrup Turkey Sausage Patty Fresh Banana

Whole Grain French 9 WG Blueberry Muffin Fresh Grapes

12 Bacon, Egg and Cheese Breakfast Sandwich Fresh Pear

Turkey Bacon

13 WG Chocolate Chip Muffin 👩 Fresh Orange

Egg and Cheese Sandwich 🍙 Diced Peach Cup 15 WG Blueberry Muffin 16

Fresh Apple

Fluffy Whole Grain Waffles 👩 Svrup Turkey Sausage Patty Fresh Melon Cup

Bacon, Egg and Cheese Breakfast Sandwich Fresh Apple

Turkey Bacon

20 WG Chocolate Chip Muffin 👩 Fresh Orange

Egg and Cheese Sandwich 🍘 Fresh Pear

22 WG Blueberry Muffin 23

Fresh Orange

Egg and Cheese Sandwich 👩 Turkey Sausage Patty Pineapple

SCHOOL CLOSED TODAY

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Whole Grain French 29 Toast Slices 👩

Syrup Turkey Sausage Patty Fresh Banana

Egg and Cheese Sandwich 👩 Turkey Sausage Patty Pineapple

30 WG Blueberry Muffin

Fresh Apple

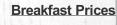
Whitsons is Simply Rooted® in food and family, and our menus are nutritious and flavorful. View this menu on the mobile app, FDMealPlanner, or on the web at www.FDMealPlanner.com.

*Consuming raw or under cooked meat, poultry, sea-

food, 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.

***In accordance with federal civil rights law



Free for all students

Adult: \$2.71 plus Tax Breakfast is served in the Cafe between the hours of 7:20am and 8:00am

Available Daily: Whole grain bagel w/ low fat cream cheese or butter Egg & Cheese on WG Bread/Rolls

4oz Yogurt with Fresh Fruit & Grain or Yogurt Parfait w/Granola & Fruit Assorted Whole Grain Muffins

> Whole Grain Reduced Sugar Cereals served with a Mozzarella Cheese Stick and Graham Crackers

100% Concentrated Juice, Fat Free, 1% White Milk & FF Chocolate Milk, all served with fresh fruits

and U.S. Department of Agriculture (USDA)

Organic Ingredients

Organic Ingredients orientation), disability, age, or reprisal or retaliation for prior civil rights activity. This institution is an equal opportunity provider.