



Welcome to our Breakfast Cafe

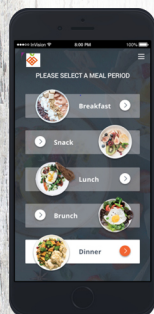
Lawrence Early Childhood Center #4

November
2020

The USDA has approved FREE breakfast and lunch for all students for schools on the NSLP/SBP for the 2020-2021 school year. Meals are approved to be served for in person and virtual learners. Please inquire with your schools district office to see if your school is participating.

Monday	Tuesday	Wednesday	Thursday	Friday
2 Fruity Cheerios Cereal Graham Crackers Fresh Pear Cohort A	3 Election Day	4 Red. Sugar Cinnamon Toast Crunch Cereal Graham Crackers Fresh Orange	5 Red. Sugar Cocoa Puffs Cereal Graham Crackers Fresh Banana	6 Red. Sugar Cinnamon Toast Crunch Cereal Graham Crackers Fresh Apple
9 Cheerios Cereal Graham Crackers Strawberry Cup Cohort B	10 Red. Sugar Froot Loops Cereal Graham Crackers Fresh Apple	11 Veteran's Day	12 Red. Sugar Cocoa Puffs Cereal Graham Crackers Fresh Banana	13 WG Chocolate Chip Muffin Pinapple Chunks
16 Fruity Cheerios Cereal Graham Crackers Fresh Pear Cohort A	17 Cheerios Cereal Graham Crackers Fresh Apple	18 Red. Sugar Cinnamon Toast Crunch Cereal Graham Crackers Fresh Orange	19 Red. Sugar Cocoa Puffs Cereal Graham Crackers Fresh Banana	20 WG Chocolate Chip Muffin Pinapple Chunks
23 Fruity Cheerios Cereal Graham Crackers Strawberry Cup Cohort B	24 Cheerios Cereal Graham Crackers Fresh Apple	25 Red. Sugar Cinnamon Toast Crunch Cereal Graham Crackers Fresh Orange	26 Thanksgiving Recess	27
30 Fruity Cheerios Cereal Graham Crackers Fresh Pear Cohort A				

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



We are 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 Free to all Students

Adult Breakfast \$2.30 + tax

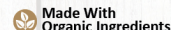
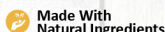
Breakfast is served in the classroom

Available Daily

Whole Grain Bagel w/ low fat cream cheese

4oz yogurt w/cheese stick, fruit & grain, Assorted Cereals: Cinnamon Toast Crunch, Fruity Cheerios, 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

Noviembre
2020

El USDA ha aprobado desayuno y almuerzo gratis para todos los estudiantes de aquellas escuelas que pertenecen al NSLP/SBP para el año escolar 2020-2021. Esta medida es para todos los estudiantes que asisten a la escuela en persona y para aquellos que estén tomando clases virtuales, tendrá la opción de recoger sus alimentos. Consulte con la oficina de su distrito escolar para ver si su escuela es participante de este programa.

Lunes	Martes	Miércoles	Jueves	Viernes
2 Cereal Integral de Frutas Cheerios Galletas de Vainilla Pera Frescas	3	4 Cinnamon Toast Crunch Galletas de Vainilla Naranja Fresca	5 Cereal Cocoa Puffs Bajo en Azúcar Galletas de Vainilla Banana Fresca	6 Cinnamon Toast Crunch Galletas de Vainilla Manzana Fresca
9 Cheerios Galletas de Vainilla Las Fresas	10 Cereal Froot Loops Bajo en Azúcar Galletas de Vainilla Manzana Fresca	11	12 Cereal Cocoa Puffs Bajo en Azúcar Galletas de Vainilla Banana Fresca	13 Molette de Chocolate Trozos de piña
16 Cereal Integral de Frutas Cheerios Galletas de Vainilla Pera Frescas	17 Cheerios Galletas de Vainilla Manzana Fresca	18 Cinnamon Toast Crunch Galletas de Vainilla Naranja Fresca	19 Cereal Cocoa Puffs Bajo en Azúcar Galletas de Vainilla Banana Fresca	20 Molette de Chocolate Trozos de piña
23 Cereal Integral de Frutas Cheerios Galletas de Vainilla Las Fresas	24 Cheerios Galletas de Vainilla Manzana Fresca	25 Cinnamon Toast Crunch Galletas de Vainilla Naranja Fresca	26	27
30 Cereal Integral de Frutas Cheerios Galletas de Vainilla Pera Frescas				

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



**Breakfast Free
to all Students**

Desayuno Disponible Diariamente

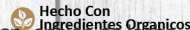
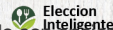
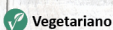
Bagel integral con matequilla o queso crema bajo en grasa

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



Whitsons está comprometido con el movimiento Granja a la Escuela y sirve comidas sanas y de alta calidad preparadas con ingredientes frescos de origen local. Sabía que Whitsons obtiene un promedio de 52% de nuestra mezcla de productos localmente?



* 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.



Bienvenido a

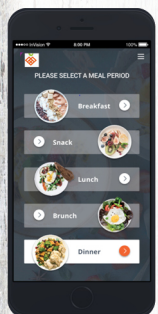
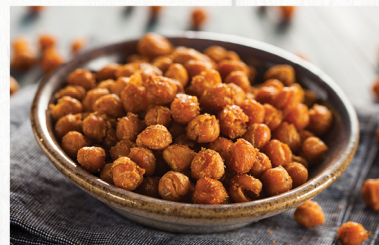
Nuestro Almuerzo

Lawrence Early Childhood Center #4

Noviembre 2020

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Lunes	Martes	Miércoles	Jueves	Viernes
2 Palitos de Queso Mozzarella Maíz con Mantequilla Apio Naranja Fresca	3	4 Pepitas de Pollo Palomitas de coliflor Zanahorias Pequeñas Manzana Fresca	5	6 pizza de pan francés Zapallo Amarillo Rodajas de Pepinos Las Fresas
9 Pizza Stuffed Bread Stick Topped with Cheese Alberjas Rodajas de Pepinos Naranja Fresca	10 Hamburguesa con Queso <i>hamburguesa a la parrilla con queso en un pan de hamburguesa</i> Tomates Pequeños Bolitas de Papas Manzana Fresca	11	12 Palomitas De Pollo Pan Francés Zanahorias Frijoles Asados De Canela Y Miel Pera Frescas	13 Pizza de Queso Maíz Apio Uvas Rojas
16 Pizza Stuffed Bread Stick Topped with Cheese Alberjas Rodajas de Pepinos Naranja en Rodajas	17 Hamburguesa con Queso <i>hamburguesa a la parrilla con queso en un pan de hamburguesa</i> Bolitas de Papas Tomates Pequeños Manzana Fresca	18 Pan Tostado con Queso Brócoli Zanahorias Pequeñas Trozos de piña	19 Palomitas De Pollo Pan Francés Frijoles Asados De Canela Y Miel Zanahorias Pera Frescas	20 Pizza de Queso Brócoli Cocido Al Vapor Apio Uvas Rojas
23 Macarroned con Queso Pan Francés Brócoli Cocido Al Vapor Apio Naranja Fresca	24 Sándwich De Huevo Y Queso Patatas Dulces Fritas Tomates Pequeños Durazno Picados	25 Pepitas de Pollo Palomitas de coliflor Zanahorias Pequeñas Manzana Fresca	26	27
30 Macarroned con Queso Pan Francés Brócoli Cocido Al Vapor Apio Las Fresas	 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.			



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

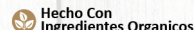
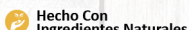
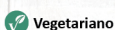


All meals include,
Milk choice: White, 1% and
Fat Free Chocolate,
Vegetable and Fruit, 100%
Fruit Juice

All Lunches are Free for all Students

Daily Alternatives:
Daily: Yogurt Lunch
Monday: Ham & American Cheese Sandwich
Tuesday: Turkey Breast & American Cheese Sandwich
Wednesday: Tuna Salad Sandwich
Thursday: American Cheese Sandwich
Friday: Garden Salad with Turkey & Ham, American Cheese

* 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.





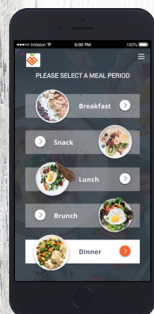
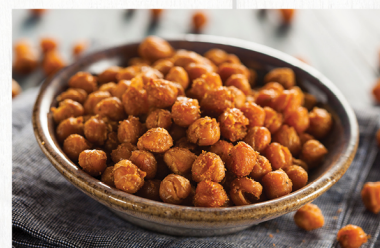
Welcome to our Lunch Cafe

Lawrence Early Childhood Center #4

November
2020

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Monday	Tuesday	Wednesday	Thursday	Friday
2 Mozzarella Sticks Buttered Corn Celery Fresh Orange Cohort A	3 ELECTION DAY	4 Chicken Nuggets Cauliflower Popcorn Fresh Baby Carrots Fresh Apple	5 1/2 Day No Lunch	6 French Bread Pizza Roasted Squash Cucumber Coins Strawberry Cup
9 Pizza Stuffed Bread Stick Topped with Cheese Steamed Peas Cucumber Coins Fresh Orange Cohort B	10 Cheeseburger <i>burger topped with cheese on a freshly toasted bun</i> Grape Tomatoes Crispy Potato Puffs Fresh Apple Beef Burger served on WW Bun	11 VETERAN'S DAY	12 Crispy Popcorn Chicken French Bread Steamed Carrots Cinnamon & Honey Roasted Beans Fresh Pear	13 Classic Cheese Pizza Sweet Corn Celery Fresh Grapes
16 Pizza Stuffed Bread Stick Topped with Cheese Steamed Peas Cucumber Coins Sliced Oranges Cohort A	17 Cheeseburger <i>burger topped with cheese on a freshly toasted bun</i> Crispy Potato Puffs Grape Tomatoes Fresh Apple Beef Burger served on WG Bun	18 Grilled Cheese Sandwich Broccoli Fresh Baby Carrots Pineapple Chunks	19 Crispy Popcorn Chicken French Bread Cinnamon & Honey Roasted Beans Steamed Carrots Fresh Pear	20 Classic Cheese Pizza Steamed Broccoli Celery Fresh Grapes
23 Homemade Mac & Cheese French Bread Steamed Broccoli Celery Fresh Orange Cohort B	24 Egg and Cheese Sandwich Sweet Potato Fries Grape Tomatoes Diced Peach Cup 	25 Chicken Nuggets Cauliflower Popcorn Fresh Baby Carrots Fresh Apple	26 THANKSGIVING RECESS	27
30 Homemade Mac & Cheese French Bread Steamed Broccoli Celery Strawberry Cup Cohort A	Whitsons proudly supports clean, sustainable agriculture! We also focus on using ingredients that are locally sourced, all-natural, organic and non-GMO whenever possible.			



We are 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.



Daily Alternative Entrees:

.WW Bagel or Dinner Roll with 4oz Yogurt, Cheese Stick and Carrot Sticks.

Monday- Ham & American Cheese Sandwich

Tuesday- Turkey Breast with american cheese sandwich

Wednesday- Tuna Salad Sandwich

Thursday- American Cheese Sandwich

Friday-Garden Salad with seasonally greens, Turkey and Ham, American cheese

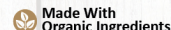
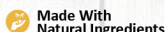
Milk Choices: White 1% and Fat Free, Fat Free Choco

100% concentrated Juice

School Lunch Office 516. 295-7040

Lunch Free to all students

Order online www.getchoosi.com



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