



# Lawrence Family Development Charter School

Please visit our school website at [lfdcs.org](http://lfdcs.org) to view school food menus.

Menus subject to change without notice

JAN 1	JAN 2	JAN 3	JAN 4	JAN 5
<b>New Year's Day</b>	<b>Breakfast:</b> Breakfast Bun, Yogurt, 100% Fruit Juice or Milk <b>Snack:</b> Assorted Fruit/Veg or Grain <b>Lunch:</b> WW Spaghetti & Meatballs, Caesar Salad, Pepper strips w/Dip, Peaches, Milk	<b>Breakfast:</b> Scrambled Eggs with Hashbrown, 100% Fruit Juice or Milk <b>Snack:</b> Animal Crackers <b>Lunch:</b> Chicken Teriyaki, Rice Pilaf, Green Beans, Carrot Sticks & Fruit Cocktail, Milk	<b>Breakfast:</b> French Toast Sticks, Yogurt, 100% Fruit Juice or Milk <b>Snack:</b> Assorted Fruit/Veg or Grain <b>Lunch:</b> Hot Dog on WW Bun, Crinkle Fries, Corn, Apple Sauce , Milk	<b>Breakfast:</b> Oatmeal w/Raisins, Yogurt, 100% Fruit Juice or Milk <b>Snack:</b> Cinn Toast Crunch Bar <b>Lunch:</b> Pizza, Caesar Salad , Cucumber sticks, Oranges, Milk
JAN 8	JAN 9	JAN 10	JAN 11	JAN 12
<b>Breakfast:</b> Pancakes, Yogurt, 100% Fruit Juice or Milk <b>Snack:</b> Assorted Fruit/Veg or Grain <b>Lunch:</b> Chicken Fingers, Crinkle Fries, Celery Sticks, WW Dinner Roll, Mandarin, Milk	<b>Breakfast:</b> Waffles, Yogurt, 100% Fruit Juice or Milk <b>Snack:</b> Loorna Doone <b>Lunch:</b> Baked Mac & Cheese, Broccoli, Cran/Orange Salad, Pears, Milk	<b>Breakfast:</b> Scrambled Eggs with Bacon, 100% Fruit Juice or Milk <b>Snack:</b> Assorted Fruit/Veg or Grain <b>Lunch:</b> Hamburgers, WW Bun, Cheese, Potato Wedges, Carrot Sticks, Melon, Milk	<b>Breakfast:</b> French Toast, Yogurt, 100% Fruit Juice or Milk <b>Snack:</b> Goldfish <b>Lunch:</b> Beef Tacos, WG Rice, Pinto Beans, Lettuce, Tomato , Cheese, Applesauce, Milk	<b>Breakfast:</b> Cream of Wheat w/Cranberries, 100% Fruit Juice or Milk <b>Snack:</b> Assorted Fruit/Veg or Grain <b>Lunch:</b> Pizza, Garden Salad, Carrot Sticks, Oranges, Milk
JAN 15	JAN 16	JAN 17	JAN 18	JAN 19
<b>Martin Luther King Jr. Day</b>	<b>Breakfast:</b> Breakfast Bun, Yogurt, 100% Fruit Juice or Milk <b>Snack:</b> Assorted Fruit/Veg or Grain, Milk <b>Lunch:</b> Rice with Ham & Beans, Cheese Sticks, Celery Sticks, Green Beans, Applesauce, Milk	<b>Breakfast:</b> Scrambled Eggs with Hashbrown, 100% Fruit Juice or Milk <b>Snack:</b> Cheese-Its <b>Lunch:</b> American Chop Suey, Carrot Sticks & Dip, Caesar Salad Fruit Cocktail	<b>Breakfast:</b> French Toast Sticks, Yogurt, 100% Fruit Juice or Milk <b>Snack:</b> Assorted Fruit/Veg or Grain, Milk <b>Lunch:</b> Chicken Fajitas, WG Rice, Pinto Beans, Lettuce, Tomato, Cheese, Applesauce	<b>Breakfast:</b> Oatmeal w/Raisins, Yogurt, 100% Fruit Juice or Milk <b>Snack:</b> Nilla Wafers <b>Lunch:</b> Pizza, Caesar Salad, Cucumber sticks, Oranges, Milk
JAN 22	JAN 23	JAN 24	JAN 25	JAN 26
<b>Breakfast:</b> Pancakes, Yogurt, 100% Fruit Juice or Milk <b>Snack:</b> Assorted Fruit/Veg or Grain, Milk <b>Lunch:</b> Chicken Patty on a WW bun, Lettuce, Tomato, Corn, Pineapple	<b>Breakfast:</b> Waffles, Yogurt, 100% Fruit Juice or Milk <b>Snack:</b> Cinn Toast Crunch Bar <b>Lunch:</b> Ravioli & Tomato Sauce, Celery Sticks & Dip, Caesar Salad, WW Roll, Fruit Cocktail	<b>Breakfast:</b> Scrambled Eggs with Sausage, 100% Fruit Juice or Milk <b>Snack:</b> Assorted Fruit/Veg or Grain, Milk <b>Lunch:</b> Grill Cheese Sandwich, Potato Wedges, Broccoli & dip, Peaches	<b>Breakfast:</b> French Toast, Yogurt, 100% Fruit Juice or Milk <b>Snack:</b> Goldfish <b>Lunch:</b> Chili & Shredded Cheese, Corn Chips, Pepper Strips & Dip, Cantaloupe	<b>Breakfast:</b> Cream of Wheat w/Cranberries, 100% Fruit Juice or Milk <b>Snack:</b> Assorted Fruit/Veg or Grain <b>Lunch:</b> Pizza, Garden Salad, Carrot Sticks, Oranges, Milk
JAN 29	JAN 30	JAN 31	<h1>January 2018</h1>	
<b>Breakfast:</b> Bagel w/Cream Cheese, Yogurt, 100% Fruit Juice or Milk <b>Snack:</b> Loorna Doone <b>Lunch:</b> Meatballs w/WW Bosco Sticks, Garden Salad, Fruit Cocktail, Milk	<b>Breakfast:</b> Breakfast Bun, Yogurt, 100% Fruit Juice or Milk <b>Snack:</b> Assorted Fruit/Veg or Grain, Milk <b>Lunch:</b> BBQ Chicken, WW Dinner Roll, Mashed Potato, Carrots, Mandarin	<b>Breakfast:</b> Scrambled Eggs with Hashbrown, 100% Fruit Juice or Milk <b>Snack:</b> Cheese-Its <b>Lunch:</b> Sliced Turkey & Cheese Sandwich on WW bread, Caesar Salad, Pineapple		

\*\*\*Each Breakfast will offer Assorted Cereal, Assorted Fruit/Veg, 100% Fruit Juice along with the choice of FF Chocolate Milk/FF White Milk/1% Milk.