



Lawrence Family Development Charter School

Please visit our school website at lfdc.org to view school food menus.

Menus subject to change without notice

May 1	May 2	May 3	May 4	May 5
Breakfast: Pancakes, Yogurt, 100% Fruit Juice or Milk Snack: Assorted Fruit/Veg or Grain Lunch: Baked Chicken, WW Dinner Roll, Mashed Potato, Green Beans, Mandarin, Milk	Breakfast: Waffles, Yogurt, 100% Fruit Juice or Milk Snack: Loorna Doones Lunch: Baked Mac & Cheese, Broccoli, Carrot Sticks & Dip, Pears, Milk	Breakfast: Scrambled Eggs with Bacon, 100% Fruit Juice or Milk Snack: Assorted Fruit/Veg or Grain Lunch: Beef Tacos, WG Rice, Pinto Beans, Lettuce, Tomato, Cheese, Melon, Milk	Breakfast: French Toast Sticks, Yogurt, 100% Fruit Juice or Milk Snack: Animal Crackers Lunch: Hamburgers, WW Bun, Cheese, Potato Wedges, Cucumber Sticks, Applesauce, Milk	Breakfast: Fresh Baked Muffin, Yogurt, 100% Fruit Juice or Milk Snack: Assorted Fruit/Veg or Grain Lunch: Pizza, Garden Salad, Carrot Sticks, Oranges, Milk
May 8	May 9	May 10	May 11	May 12
Breakfast: Bagel w/Cream Cheese, Yogurt, 100% Fruit Juice or Milk Snack: Assorted Fruit/Veg or Grain Lunch: Meatballs w/WW Bosco Sticks, Garden Salad, Fruit Cocktail, Milk	Breakfast: Breakfast Bun, Yogurt, 100% Fruit Juice or Milk Snack: Goldfish Lunch: Rice with Ham & Beans, Cheese Sticks, Celery Sticks, Pears, Milk	Breakfast: Scrambled Eggs with Sausage, 100% Fruit Juice or Milk Snack: Assorted Fruit/Veg or Grain Lunch: Chicken Patty on a WW bun, Lettuce, Tomato, Corn, Cantaloupe, Milk	Breakfast: French Toast, Yogurt, 100% Fruit Juice or Milk Snack: Teddy Grahams Lunch: Chicken Broccoli & Ziti w/Alfredo Sauce, Carrot Sticks, Peaches, Milk	Breakfast: Fresh Baked Muffin, Yogurt, 100% Fruit Juice or Milk Snack: Assorted Fruit/Veg or Grain Lunch: Pizza, Caesar Salad, Cucumber sticks, Orange, Milks
May 15	May 16	May 17	May 18	May 19
Breakfast: Pancakes, Yogurt, 100% Fruit Juice or Milk Snack: Assorted Fruit/Veg or Grain Lunch: Sliced Turkey & Cheese Sandwich on WW bread, Broccoli, Peaches, Milk	Breakfast: Waffles, Yogurt, 100% Fruit Juice or Milk Snack: Cheese-Its, 100% Fruit Juice Lunch: Chicken Fingers, Sweet Potato Fries, Pepper Strips, WW Dinner Roll, Mandarin, Milk	Breakfast: Scrambled Eggs with Home fries, 100% Fruit Juice or Milk Snack: Assorted Fruit/Veg or Grain Lunch: American Chop Suey, Celery Sticks, Fruit Cocktail, Milk	Breakfast: French Toast Sticks, Yogurt, 100% Fruit Juice or Milk Snack: Fig Newton Lunch: Chicken Fajitas, WG Rice, Pinto Beans, Lettuce, Tomato, Cheese, Applesauce, Milk	Breakfast: Fresh Baked Muffin, Yogurt, 100% Fruit Juice or Milk Snack: Assorted Fruit/Veg or Grain Lunch: Pizza, Garden Salad, Carrot Sticks, Oranges, Milk
May 22	May 23	May 24	May 25	May 26
Breakfast: Bagel w/Cream Cheese, Yogurt, 100% Fruit Juice or Milk Snack: Assorted Fruit/Veg or Grain Lunch: WW Spaghetti & Meatballs, Pepper strips w/Dip, Peaches, Milk	Breakfast: Breakfast Bun, Yogurt, 100% Fruit Juice or Milk Snack: Animal Crackers Lunch: Chicken Teriyaki, Rice Pilaf, Green Beans, Carrot Sticks & Dip, Fruit Cocktail, Milk	Breakfast: Scrambled Eggs with Bacon, 100% Fruit Juice or Milk Snack: Assorted Fruit/Veg or Grain Lunch: Hot Dog on WW Bun, Crinkle Fries, Corn, Apple Sauce, Milk	Breakfast: French Toast, Yogurt, 100% Fruit Juice or Milk Snack: Loorna Doones Lunch: Arroz con Pollo, Broccoli & dip, Diced Pears, Milk	Breakfast: Fresh Baked Muffin, Yogurt, 100% Fruit Juice or Milk Snack: Assorted Fruit/Veg or Grain Lunch: Pizza, Caesar Salad, Cucumber sticks, Oranges, Milk
May 29	May 30	May 31	<h1>MAY 2017</h1>	
<h1>NO SCHOOL</h1>	Breakfast: Waffles, Yogurt, 100% Fruit Juice or Milk Snack: Teddy Grahams Lunch: Ravioli & Tomato Sauce, Celery Sticks & Dip, Green Beans, Pears, Milk	Breakfast: Scrambled Eggs with Sausage, 100% Fruit Juice or Milk Snack: Assorted Fruit/Veg or Grain Lunch: Pastelón de Papas, WW roll, Corn, Carrot Sticks & Dip, Peaches, Milk		

***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.