





# Lawrence Family Development Charter School

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

Menus subject to change without notice

	JAN 1	JAN 2	JAN 3	JAN 4
	<h2>School Vacation Week</h2>			
JAN 7	JAN 8	JAN 9	JAN 10	JAN 11
<b>Breakfast:</b> Pancakes, Yogurt, 100% Fruit Juice or Milk <b>Snack:</b> Assorted Fruit/Veg or Grain <b>Lunch:</b> Sliced Turkey & Cheese Sandwich on WW bread, With Garden Salad, Broccoli, Peaches, Milk	<b>Breakfast:</b> Breakfast Bun, Yogurt, 100% Fruit Juice or Milk <b>Snack:</b> Assorted Fruit/Veg or Grain <b>Lunch:</b> Chicken Caesar Salad, WW Dinner Roll, Carrot Sticks, Strawberries, Milk	<b>Breakfast:</b> Scrambled Eggs with Home fries, 100% Fruit Juice or Milk <b>Snack:</b> Assorted Fruit/Veg or Grain <b>Lunch:</b> Hamburgers on a WW bun, Sweet Potato Fries, Celery Sticks, Applesauce, Milk	<b>Breakfast:</b> French Toast Sticks, Yogurt, 100% Fruit Juice or Milk <b>Snack:</b> Assorted Fruit/Veg or Grain <b>Lunch:</b> Chicken Nuggets, WG Rice, Pinto Beans, Green Beans, Carrot Sticks, Fruit Cocktail, Milk	<b>Breakfast:</b> Avena, Yogurt, 100% Fruit Juice or Milk <b>Snack:</b> Assorted Fruit/Veg or Grain <b>Lunch:</b> Pizza, Caesar Salad, Pineapple, Milk
JAN 14	JAN 15	JAN 16	JAN 17	JAN 18
<b>Breakfast:</b> Pancakes, Yogurt, 100% Fruit Juice or Milk <b>Snack:</b> Assorted Fruit/Veg or Grain <b>Lunch:</b> Meatballs w/WW Bosco Sticks, Garden Salad, Fruit Cocktail, Milk	<b>Breakfast:</b> Waffles, Yogurt, 100% Fruit Juice or Milk <b>Snack:</b> Assorted Fruit/Veg or Grain <b>Lunch:</b> Chicken Patty on a WW bun, Lettuce, Tomato, Steamed Carrots, Cantaloupe	<b>Breakfast:</b> Scrambled Eggs with Sausage, 100% Fruit Juice or Milk <b>Snack:</b> Assorted Fruit/Veg or Grain <b>Lunch:</b> American Chop Suey, Celery Sticks & Dip, Tomato & Cucumber Salad, Peaches	<b>Breakfast:</b> French Toast Sticks, Yogurt, 100% Fruit Juice or Milk <b>Snack:</b> Assorted Fruit/Veg or Grain <b>Lunch:</b> Fajitas, WG Rice, Pinto Beans, Lettuce, Tomato, Cheese, Applesauce	<b>Breakfast:</b> Breakfast Sandwich, Yogurt, 100% Fruit Juice or Milk <b>Snack:</b> Assorted Fruit/Veg or Grain <b>Lunch:</b> Pizza, Caesar Salad, Cucumber sticks, Oranges, Milk
JAN 21	JAN 22	JAN 23	JAN 24	JAN 25
<b>Martin Luther King Jr. Day</b>  <b>NO SCHOOL</b>	<b>Breakfast:</b> Breakfast Bun, Yogurt, 100% Fruit Juice or Milk <b>Snack:</b> Assorted Fruit/Veg or Grain <b>Lunch:</b> Grill Cheese Sandwich, on WW bread, Chickpea Salad, Broccoli, Peaches, Milk	<b>Breakfast:</b> Scrambled Eggs with Bacon, 100% Fruit Juice or Milk <b>Snack:</b> Nutrition Activity <b>Lunch:</b> Chicken Quesadilla, Garden Salad, Celery Sticks & Dip, Fruit Cocktail	<b>Breakfast:</b> French Toast Sticks, Yogurt, 100% Fruit Juice or Milk <b>Snack:</b> Assorted Fruit/Veg or Grain <b>Lunch:</b> Roasted Turkey or Chicken, Mashed Potato, Corn, Applesauce, Milk	<b>Breakfast:</b> Avena, Yogurt, 100% Fruit Juice or Milk <b>Snack:</b> Assorted Fruit/Veg or Grain <b>Lunch:</b> Pizza, Caesar Salad, Pineapple, Milk
JAN 28	JAN 29	JAN 30	JAN 31	<h1>January 2019</h1>
<b>Breakfast:</b> Pancakes, Yogurt, 100% Fruit Juice or Milk <b>Snack:</b> Assorted Fruit/Veg or Grain <b>Lunch:</b> Chicken Salad/Tuna Sandwich on WW bread, With Garden Salad, Broccoli, Mandarin Oranges, Milk	<b>Breakfast:</b> Waffles, Yogurt, 100% Fruit Juice or Milk <b>Snack:</b> Assorted Fruit/Veg or Grain, Milk <b>Lunch:</b> Arroz con Pollo w/Mix Vegetables, Chickpea Salad, Peaches, Milk	<b>Breakfast:</b> Scrambled Eggs with Homefries, 100% Fruit Juice or Milk <b>Snack:</b> Assorted Fruit/Veg or Grain <b>Lunch:</b> Hamburgers, WW Bun, Cheese, Potato Wedges, Celery Sticks, Melon, Milk	<b>Breakfast:</b> French Toast Sticks, Yogurt, 100% Fruit Juice or Milk <b>Snack:</b> Assorted Fruit/Veg or Grain <b>Lunch:</b> WW Spaghetti & Meatballs, Garden Salad, Pepper strips w/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.