



Lawrence Family Development Charter School

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

Menus subject to change without notice

DECEMBER 2018

Dec 3	Dec 4	Dec 5	Dec 6	Dec 7
Breakfast: Bagel w/Cream Cheese, Yogurt, 100% Fruit Juice or Milk Snack: Assorted Fruit/Veg or Grain Lunch: Sliced Turkey & Cheese Sandwich on WW bread , With Garden Salad, Broccoli, Peaches, Milk	<h3>School Closed</h3>	Breakfast: Scrambled Eggs with Hashbrown, 100% Fruit Juice or Milk Snack: Assorted Fruit/Veg or Grain Lunch: Grill Cheese Sandwich, Potato Wedges, Celery Sticks, Mandarin Oranges, Milk	Breakfast: French Toast Sticks, Yogurt, 100% Fruit Juice or Milk Snack: Cheese-Its Lunch: Chicken Fajitas, WG Rice, Pinto Beans, Lettuce, Tomato , Cheese, Pineapple	Breakfast: Avena, Yogurt, 100% Fruit Juice or Milk Snack: Assorted Fruit/Veg or Grain Lunch: Pizza, Caesar Salad, Applesauce, Milk
Dec 10	Dec 11	Dec 12	Dec 13	Dec 14
Breakfast: Pancakes, Yogurt, 100% Fruit Juice or Milk Snack: Assorted Fruit/Veg or Grain Lunch: Meatballs w/WW Bosco Sticks, Garden Salad, Fruit Cocktail, Milk	Breakfast: Waffles, Yogurt, 100% Fruit Juice or Milk Snack: Goldfish Lunch: Chicken Caesar Salad, WW Dinner Roll, Carrot Sticks, Strawberries, Milk	Breakfast: Scrambled Eggs with Sausage, 100% Fruit Juice or Milk Snack: Assorted Fruit/Veg or Grain Lunch: American Chop Suey, Celery Sticks & Dip, Tomato & Cucumber Salad, Peaches	Breakfast: French Toast Sticks, Yogurt, 100% Fruit Juice or Milk Snack: Teddy Grahams Lunch: Tacos, WG Rice, Pinto Beans, Lettuce, Tomato , Cheese, Applesauce	Breakfast: Breakfast Sandwich, Yogurt, 100% Fruit Juice or Milk Snack: Assorted Fruit/Veg or Grain Lunch: Pizza, Caesar Salad, Cucumber sticks, Oranges, Milk
Dec 17	Dec 18	Dec 19	Dec 20	Dec 21
Breakfast: Bagel w/Cream Cheese, Yogurt, 100% Fruit Juice or Milk Snack: Assorted Fruit/Veg or Grain Lunch: Chicken Salad/Tuna Sandwich on WW bread, With Chickpea Salad, Broccoli, Peaches, Milk	Breakfast: Breakfast Bun, Yogurt, 100% Fruit Juice or Milk Snack: Animal Crackers Lunch: Hamburgers on a WW bun, Potato Wedges, Lettuce, Tomato, Steamed Carrots, Cantaloupe	Breakfast: Scrambled Eggs with Bacon, 100% Fruit Juice or Milk Snack: Nutrition Activity – Unbaked Banana Cookie Lunch: Chicken Quesadilla, Garden Salad, Celery Sticks & Dip, Fruit Cocktail	Breakfast: French Toast Sticks, Yogurt, 100% Fruit Juice or Milk Snack: Loorna Doone Lunch: Roasted Turkey, Mashed Potato, Cranberry Sauce, Corn, Apple Slices, Milk	Breakfast: Avena, Yogurt, 100% Fruit Juice or Milk Snack: Assorted Fruit/Veg or Grain Lunch: Pizza, Caesar Salad, Mandarin Oranges, Milk
Dec 24	Dec 25	Dec 26	Dec 27	Dec 28

School Vacation Week

***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.