



# Lawrence Family Development Charter School

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

Menus subject to change without notice

## MARCH 2019

				MARCH 1
				<b>Breakfast:</b> Avena, Yogurt, 100% Fruit Juice or Milk <b>Snack:</b> Assorted Fruit/Veg or Grain <b>Lunch:</b> Pizza, Caesar Salad, Cucumber sticks, Orange, Milk
MARCH 4	MARCH 5	MARCH 6	MARCH 7	MARCH 8
<b>Breakfast:</b> Bagel w/Cream Cheese, 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, Cantaloupe, Milk	<b>Breakfast:</b> Breakfast Bun, Yogurt, 100% Fruit Juice or Milk <b>Snack:</b> Fig Newton <b>Lunch:</b> Sliced Turkey & Cheese Sandwich on WW bread, With Garden Salad, Broccoli, Mandarin, Milk	<b>Breakfast:</b> Scrambled Eggs with Hashbrowns, 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> Teddy Grahams <b>Lunch:</b> Chicken Nuggets, WG Rice, Pinto Beans, Green Beans, Carrot Sticks, Fruit Cocktail, Milk	<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, Pineapple, Milk
MARCH 11	MARCH 12	MARCH 13	MARCH 14	MARCH 15
<b>Breakfast:</b> Pancakes, Yogurt, 100% Fruit Juice or Milk <b>Snack:</b> Assorted Fruit/Veg or Grain <b>Lunch:</b> Chicken Fingers, Sweet Potato Fries, Celery Sticks, WW Dinner Roll, Mandarin, Milk	<b>Breakfast:</b> Waffles, Yogurt, 100% Fruit Juice or Milk <b>Snack:</b> Lorna Doones <b>Lunch:</b> Baked Mac & Cheese, Broccoli, Carrot Sticks, Applesauce, 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, Pepper Strips, Peaches, Milk	<b>Breakfast:</b> French Toast Sticks, Yogurt, 100% Fruit Juice or Milk <b>Snack:</b> Animal Crackers <b>Lunch:</b> Baked Chicken, WG Rice, Beans, Garden Salad, Cheese, Pineapple, 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, Cucumber sticks, Oranges, Milk
MARCH 18	MARCH 19	MARCH 20	MARCH 21	MARCH 22
<b>Breakfast:</b> Bagel w/Cream Cheese, Yogurt, 100% Fruit Juice or Milk <b>Snack:</b> Assorted Fruit/Veg or Grain <b>Lunch:</b> Chili & Cheese, Tortilla Chips, Garden Salad, Pepper Strips, Fruit Cocktail, Milk	<b>Breakfast:</b> Breakfast Bun, Yogurt, 100% Fruit Juice or Milk <b>Snack:</b> Goldfish <b>Lunch:</b> Chicken Patty on a WW bun, Crinkle Fries, 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> WW Spaghetti & Meatballs, Caesar Salad, Celery Sticks, Applesauce	<b>Breakfast:</b> French Toast Sticks, Yogurt, 100% Fruit Juice or Milk <b>Snack:</b> Cheese-Its <b>Lunch:</b> Tacos, WG Rice, Pinto Beans, Lettuce, Tomato, Cheese, Peaches, Milk	<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, Pineapple, Milk
MARCH 25	MARCH 26	MARCH 27	MARCH 28	MARCH 29
<b>Breakfast:</b> Pancakes, Yogurt, 100% Fruit Juice or Milk <b>Snack:</b> Assorted Fruit/Veg or Grain <b>Lunch:</b> Grill Cheese Sandwich, on WW bread, Tomato Soup, Celery Sticks, Peaches, Milk	<b>Breakfast:</b> Waffles, Yogurt, 100% Fruit Juice or Milk <b>Snack:</b> Teddy Grahams <b>Lunch:</b> Chicken Salad/Tuna Sandwich on WW bread, With Garden Salad, Broccoli, Mandarin Oranges, Milk	<b>Breakfast:</b> Scrambled Eggs with Hashbrowns, 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> French Toast Sticks, Yogurt, 100% Fruit Juice or Milk <b>Snack:</b> Fig Newton <b>Lunch:</b> Fajitas, WG Rice, Pinto Beans, Lettuce, Tomato, Cheese, Fruit Cocktail	<b>Breakfast:</b> Avena, Yogurt, 100% Fruit Juice or Milk <b>Snack:</b> Assorted Fruit/Veg or Grain <b>Lunch:</b> Pizza, Caesar Salad, Cucumber sticks, Oranges, 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.