

LAWRENCE FAMILY DEVELOPMENT CHARTER SCHOOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AUGUST 26	AUGUST 27	AUGUST 28	AUGUST 29	AUGUST 30
Breakfast: Pancakes, Yogurt, Fresh Fruit, Milk or 100% Fruit Juice Lunch: Chicken Nuggets, Crinkle Fries, Mix Red/Orange Pepper Strips w/Dip, Whole Red Apple or Fruit Cup, Milk	Breakfast: Muffin Tops, Yogurt, Fresh Fruit, Milk or 100% Fruit Juice Lunch: Baked WW Ziti w/Chicken and Shredded Cheese, Broccoli, Banana or Fruit Cup, Milk	Breakfast: Scrambled Eggs w/Hashbrowns, Cereal, Fresh Fruit, Milk, 100% Fruit Juice Lunch: Grilled Cheese Sandwich, Smiley Fries, Cucumber Strips w/dip, Fresh Diced Cantaloupe or Fruit Cup, Milk	Breakfast: French Toast Sticks, Yogurt, Fresh Fruit, Milk or 100% Fruit Juice Lunch: Hard or Soft Shell Tacos w/ Moro, Lettuce, Tomato, Cheese, Whole Mandarin Oranges or Fruit Cup, Milk	Breakfast: Avena, Yogurt, Fresh Fruit, Milk or 100% Fruit Juice Lunch: Pizza, Garden Salad, Watermelon Slice or Fruit Cup, Milk
SEPTEMBER 2	SEPTEMBER 3	SEPTEMBER 4	SEPTEMBER 5	SEPTEMBER 6
<h2>Holiday</h2>	Breakfast: Banana Bread, Yogurt, Fresh Fruit, Milk or 100% Fruit Juice Lunch: American Chop Suey, Celery Sticks w/dip, Whole Pear or Fruit Cup, Milk	Breakfast: Scrambled Eggs w/Turkey Bacon, Cereal, Fresh Fruit, Milk, 100% Fruit Juice Lunch: Cheeseburgers, WW Bun, Crinkle Fries, Baby Carrots w/dip, Fresh Diced Honeydew or Fruit Cup, Milk	Breakfast: French Toast Sticks, Yogurt, Fresh Fruit, Milk or 100% Fruit Juice Lunch: Arroz con Pollo y Habichuela, Green Beans, Whole Green Apple or Fruit Cup, Milk	Breakfast: Avena, Yogurt, Fresh Fruit, Milk or 100% Fruit Juice Lunch: Pizza, Caesar Salad, Sliced Strawberries or Fruit Cup, Milk
SEPTEMBER 9	SEPTEMBER 10	SEPTEMBER 11	SEPTEMBER 12	SEPTEMBER 13
Breakfast: Pancakes, Yogurt, Fresh Fruit, Milk or 100% Fruit Juice Lunch: Cheesy Beef Nachos w/ Shredded Lettuce & Salsa, Sour Cream, Watermelon Slice or Fruit Cup, Milk	Breakfast: Breakfast Buns, Yogurt, Fresh Fruit, Milk or 100% Fruit Juice Lunch: WW Spaghetti & Meatballs, Fresh Broccoli w/dip, Whole Orange or Fruit Cup, Milk	Breakfast: Scrambled Eggs w/Hashbrowns, Cereal, Fresh Fruit, Milk, 100% Fruit Juice Lunch: Chicken Patty Sandwich on a WW bun, Sweet Potato Fries, Banana or Fruit Cup, Milk	Breakfast: French Toast Sticks, Yogurt, Fresh Fruit, Milk or 100% Fruit Juice Lunch: Pastelón de Papas, Corn & BB Salad, WW Dinner Roll, Fresh Apple Slices or Fruit Cup, Milk	Breakfast: Avena, Yogurt, Fresh Fruit, Milk or 100% Fruit Juice Lunch: Pizza, Garden Salad, Fresh Sliced Cantaloupe or Fruit Cup, Milk
SEPTEMBER 16	SEPTEMBER 17	SEPTEMBER 18	SEPTEMBER 19	SEPTEMBER 20
Breakfast: Bagel w/Cream Cheese, Yogurt, Fresh Fruit, Milk or 100% Fruit Juice Lunch: WW Cheesy Bread Sticks w/Marinara Sauce, Crinkle Fries, Baby Carrots w/dip, Fresh Sliced Strawberries or Fruit Cup, Milk	Breakfast: Muffin Tops, Yogurt, Fresh Fruit, Milk or 100% Fruit Juice Lunch: Chili & Shredded Cheese, Corn Chips, Green Pepper Strips w/dip, Whole Green Apple or Fruit Cup, Milk	Breakfast: Scrambled Eggs w/Turkey Bacon, Cereal, Fresh Fruit, Milk, 100% Fruit Juice Lunch: Meatball Sub w/Sauce & Cheese, Garden Salad, Fresh Diced Honeydew or Fruit Cup, Milk	Breakfast: French Toast Sticks, Yogurt, Fresh Fruit, Milk or 100% Fruit Juice Lunch: Fajitas w/Moro de Guandules, Lettuce, Tomato, Cheese, Whole Pear or Fruit Cup, Milk	Breakfast: Avena, Yogurt, Fresh Fruit, Milk or 100% Fruit Juice Lunch: Pizza, Caesar Salad, Watermelon Slice or Fruit Cup, Milk
SEPTEMBER 23	SEPTEMBER 24	SEPTEMBER 25	SEPTEMBER 26	SEPTEMBER 27
Breakfast: Pancakes, Yogurt, Fresh Fruit, Milk or 100% Fruit Juice Lunch: Chicken Fingers, Potato Wedges, Celery Sticks w/dip, Banana or Fruit Cup, Milk	Breakfast: Banana Bread, Yogurt, Fresh Fruit, Milk or 100% Fruit Juice Lunch: Baked Mac & Cheese, Broccoli, Whole Orange or Fruit Cup, Milk	Breakfast: Scrambled Eggs w/Hashbrowns, Cereal, Fresh Fruit, Milk, 100% Fruit Juice Lunch: Chicken & Cheese Quesadillas, Garden Salad, Salsa, Sour Cream, Sliced Strawberries or Fruit Cup, Milk	Breakfast: French Toast Sticks, Yogurt, Fresh Fruit, Milk or 100% Fruit Juice Lunch: Locrio de Jamon y, Habichuela, Mix Veggies, Fresh Apple Slices or Fruit Cup, Milk	Breakfast: Avena, Yogurt, Fresh Fruit, Milk or 100% Fruit Juice Lunch: Pizza, Garden Salad, Fresh Sliced Cantaloupe or Fruit Cup, Milk

SEPTEMBER 30				
Breakfast: Pancakes, Yogurt, Fresh Fruit, Milk or 100% Fruit Juice Lunch: Chicken Nuggets, Crinkle Fries, Mix Red/Orange Pepper Strips w/Dip, Whole Red Apple or Fruit Cup, Milk				

Available milk includes skim and 1%

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Mail:
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or
Fax: (833) 256-1665 or (202) 690-7442; or
Email: program.intake@usda.gov

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