

LAWRENCE FAMILY DEVELOPMENT CHARTER SCHOOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	OCTOBER 1 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	OCTOBER 2 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	OCTOBER 3 Breakfast: French Toast Sticks, Yogurt, Fresh Fruit, Milk or 100% Fruit Juice Lunch: Hard or Soft Shell Beef Tacos w/ Moro, Lettuce, Tomato, Cheese, Whole Mandarin Oranges or Fruit Cup, Milk	OCTOBER 4 Breakfast: Avena, Yogurt, Fresh Fruit, Milk or 100% Fruit Juice Lunch: Pizza, Garden Salad, Watermelon Slice or Fruit Cup, Milk
OCTOBER 7 Breakfast: Bagel w/Cream Cheese, Yogurt, Fresh Fruit, Milk or 100% Fruit Juice Lunch: Baked BBQ Chicken w/Rice Pilaf, Corn on the Cob, Fresh Apple Slices or Fruit Cup, Milk	OCTOBER 8 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	OCTOBER 9 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	OCTOBER 10 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	OCTOBER 11 Breakfast: Avena, Yogurt, Fresh Fruit, Milk or 100% Fruit Juice Lunch: Pizza, Caesar Salad, Sliced Strawberries or Fruit Cup, Milk
OCTOBER 14	OCTOBER 15 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	OCTOBER 16 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	OCTOBER 17 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	OCTOBER 18 Breakfast: Avena, Yogurt, Fresh Fruit, Milk or 100% Fruit Juice Lunch: Pizza, Garden Salad, Fresh Sliced Cantaloupe or Fruit Cup, Milk
HOLIDAY				
OCTOBER 21 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	OCTOBER 22 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	OCTOBER 23 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	OCTOBER 24 Breakfast: French Toast Sticks, Yogurt, Fresh Fruit, Milk or 100% Fruit Juice Lunch: Chicken Fajitas w/Moro de Guandules, Lettuce, Tomato, Cheese, Whole Pear or Fruit Cup, Milk	OCTOBER 25 Breakfast: Avena, Yogurt, Fresh Fruit, Milk or 100% Fruit Juice Lunch: Pizza, Caesar Salad, Watermelon Slice or Fruit Cup, Milk
OCTOBER 28 Breakfast: Pancakes, Yogurt, Fresh Fruit, Milk or 100% Fruit Juice Lunch: Chicken Fingers, Potato Wedges, Celery Sticks w/dip, Banana or Fruit Cup, Milk	OCTOBER 29 Breakfast: Banana Bread, Yogurt, Fresh Fruit, Milk or 100% Fruit Juice Lunch: Baked Mac & Cheese, Broccoli, Whole Orange or Fruit Cup, Milk	OCTOBER 30 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	OCTOBER 31 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	

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To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: [USDA Discrimination Complaint Form](#), from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

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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