



# 2026 Summer Meal Kit Menu

## LAWRENCE PUBLIC SCHOOLS



### REGULAR MEAL KITS

#### Breakfast & Lunch Entrees Weeks 1, 4, 7

- Mini French Toast / Chicken Nuggets
- Cocoa Puffs (Reduced Sugar) / Beef Pizza Pocket Sandwich
- Banana Bread / French Toast Sticks + Chicken Sausage
- Cheerios / Uncrustable + String Cheese
- Breakfast Round / Bosco Sticks + Marinara

#### Breakfast & Lunch Entrees Weeks 2, 5, 8

- Mini Maple Pancakes / Chicken Strips
- Honey Cheerios (Reduced Sugar) / Turkey Pepperoni Stuffed Sandwich
- Apple or Cherry Strudel Bar / Hamburger on Bun
- Frosted Mini Wheats (Reduced Sugar) / Crispitos
- Froot Loop Waffle / Mini Cheese Ravioli + Marinara Sauce

#### Breakfast & Lunch Entrees Weeks 3, 6

- Mini Cream Cheese Bagels / Country Breaded Beef Sticks
- Lucky Charms (Reduced Sugar) / Cheese Pizza
- Mini Waffles / Chicken Sandwich on Bun
- Rice Chex / Mini Corn Dogs
- Trix Muffin / Chicken Egg Rolls

### VEGETARIAN MEAL KITS

#### Breakfast & Lunch Entrees Weeks 1, 4, 7

- Mini French Toast / Veggie Nuggets + Biscuit
- Cocoa Puffs (Reduced Sugar) / Cheese Pizza
- Banana Bread / French Toast Sticks + Veggie Sausage
- Cheerios / Uncrustable + String Cheese
- Breakfast Round / Bosco Sticks + Marinara

#### Breakfast & Lunch Entrees Weeks 2, 5, 8

- Mini Maple Pancakes / Veggie Strips + Roll
- Honey Cheerios (Reduced Sugar) / Uncrustable + String Cheese
- Apple or Cherry Strudel Bar / Black Bean Burger on Bun
- Frosted Mini Wheats (Reduced Sugar) / Hummus + Pita Bread + String Cheese
- Froot Loop Waffle / Mini Cheese Ravioli + Marinara Sauce

#### Breakfast & Lunch Entrees Weeks 3, 6

- Mini Cream Cheese Bagels / Uncrustable + String Cheese
- Lucky Charms (Reduced Sugar) / Cheese Pizza
- Mini Waffles / Veggie Patty Sandwich on Bun
- Rice Chex / Bean & Cheese Burrito
- Trix Muffin / Mac n' Cheese Bites

### WEEKLY SIDES

#### Breakfast Daily

- Canned Fruit Variety (Pineapple, Peaches, or Pears)
- 100% Fruit Juice
- 1% Lactose-Free Plain Milk

#### Lunch Daily

- Canned Veggie Variety (Green Beans/Corn/Peas)
- Fresh Fruit or Veggie (Carrot, Apple, Banana, 2 Mandarin Oranges)
- 1% Lactose-Free Chocolate Milk

### NUTRITION NOTES:

- At least 80% of the grains served are whole-grain rich. Whole-grain foods provide fiber, vitamins, and minerals.
- Lactose-free milk is regular cow's milk with the lactase enzyme added, which breaks down the lactose into simpler sugars, making it digestible for those with lactose intolerance. It has the same nutrients as regular milk.
- Please wash/rinse your produce before preparing and consuming.
- For detailed nutritional information, please email [fs.office.staff@usd497.org](mailto:fs.office.staff@usd497.org).
- Menu subject to change based on availability.

**This institution is an equal opportunity provider.**