



# September 2017 Elementary Breakfast Menu



| Monday  | Tuesday  | Wednesday  | Thursday   | Friday  |
|---|--|--|--|---|
| <p><b>BENEFITS OF BREAKFAST</b></p> <p>*Breakfast Boosts Brain Power.<br/>*Breakfast Fuels your Empty Tank.<br/>*Breakfast Build Stronger Bodies</p> <p>*Skipping Breakfast may tend to increase hunger throughout the day leading to more eating.</p> <p>*Eating Breakfast may help the heart, digestions and bones and helps meet the daily dietary requirements.</p> |  | <p>Students are given the opportunity to start their day with a healthy breakfast at all of our schools.</p> <p>Breakfast improves school performance!</p> |  | <p>1</p> <p>Mini Cinnis<br/>or<br/>Cereal &amp;<br/>Honey Oat Goldfish<br/>Fresh Fruit<br/>Juice<br/>Milk</p> |
| 4   | 5  | 6  | 7  | 8   |
| <p><b>LABOR DAY<br/>NO SCHOOL</b></p>   | <p>Breakfast Pizza<br/>or<br/>Cereal &amp; Donut</p> <p>Fresh Fruit<br/>Juice<br/>Milk</p> | <p>Cheese Omelet &amp; Cinnamon Roll<br/>or<br/>Cereal &amp; Honey Oat Goldfish<br/>Fresh Fruit<br/>Juice<br/>Milk</p>                                     | <p>Breakfast Pizza<br/>or<br/>Cereal &amp; Donut</p> <p>Fresh Fruit<br/>Juice<br/>Milk</p> | <p>Mini Cinnis<br/>or<br/>Cereal &amp;<br/>Honey Oat Goldfish<br/>Fresh Fruit<br/>Juice<br/>Milk</p>          |
| 11  | 12   | 13   | 14   | 15  |
| <p>Apple Frudel<br/>or<br/>Cereal &amp; Poptart</p> <p>Fresh Fruit<br/>Juice<br/>Milk</p>   | <p>Breakfast Pizza<br/>or<br/>Cereal &amp; Donut</p> <p>Fresh Fruit<br/>Juice<br/>Milk</p> | <p>Cheese Omelet &amp; Cinnamon Roll<br/>or<br/>Cereal &amp; Honey Oat Goldfish<br/>Fresh Fruit<br/>Juice<br/>Milk</p>                                     | <p>Breakfast Pizza<br/>or<br/>Cereal &amp; Donut</p> <p>Fresh Fruit<br/>Juice<br/>Milk</p> | <p>Mini Cinnis<br/>or<br/>Cereal &amp;<br/>Honey Oat Goldfish<br/>Fresh Fruit<br/>Juice<br/>Milk</p>          |
| 18  | 19   | 20   | 21   | 22  |
| <p>Apple Frudel<br/>or<br/>Cereal &amp; Poptart</p> <p>Fresh Fruit<br/>Juice<br/>Milk</p>   | <p>Breakfast Pizza<br/>or<br/>Cereal &amp; Donut</p> <p>Fresh Fruit<br/>Juice<br/>Milk</p> | <p>Cheese Omelet &amp; Cinnamon Roll<br/>or<br/>Cereal &amp; Honey Oat Goldfish<br/>Fresh Fruit<br/>Juice<br/>Milk</p>                                     | <p>Breakfast Pizza<br/>or<br/>Cereal &amp; Donut</p> <p>Fresh Fruit<br/>Juice<br/>Milk</p> | <p>Mini Cinnis<br/>or<br/>Cereal &amp;<br/>Honey Oat Goldfish<br/>Fresh Fruit<br/>Juice<br/>Milk</p>          |
| 25  | 26   | 27   | 28   | 29  |
| <p>Apple Frudel<br/>or<br/>Cereal &amp; Poptart</p> <p>Fresh Fruit<br/>Juice<br/>Milk</p>   | <p>Breakfast Pizza<br/>or<br/>Cereal &amp; Donut</p> <p>Fresh Fruit<br/>Juice<br/>Milk</p> | <p>Cheese Omelet &amp; Cinnamon Roll<br/>or<br/>Cereal &amp; Honey Oat Goldfish<br/>Fresh Fruit<br/>Juice<br/>Milk</p>                                     | <p>Breakfast Pizza<br/>or<br/>Cereal &amp; Donut</p> <p>Fresh Fruit<br/>Juice<br/>Milk</p> | <p>Mini Cinnis<br/>or<br/>Cereal &amp;<br/>Honey Oat Goldfish<br/>Fresh Fruit<br/>Juice<br/>Milk</p>          |

Staff Breakfast = \$2.00  
Elementary Breakfast = \$1.60  
Milk = \$.50

**\*Offered Daily\***  
**Fruit Parfaits**



Take time for  
**School  
Breakfast**

**Breakfast Supplies Important Nutrients**

Breakfast contributes less than 20% of daily calories, while providing many key vitamins and minerals including

- \* Calcium      \* B vitamins
- \* Iron          \* Vitamin D

Nutrients missed at breakfast are typically not made up during the day

Menu is based on product availability and is subject to change.

**PLEASE MAKE SURE YOU HAVE  
ENOUGH MONEY IN YOUR  
STUDENTS ACCOUNT FOR LUNCH**

**Lake Central  
School Corporation**  
Glady's Rediger - FS Director  
Linda Johnson-Administrative Assistant  
**Food Service Central Office**  
**865-4416**

WHAT'S ON YOUR PLATE?



*This institution is an equal opportunity provider.*