



September 2017 High School Breakfast Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>BENEFITS OF BREAKFAST</u></p> <ul style="list-style-type: none"> *Breakfast Boosts Brain Power. *Breakfast Fuels your Empty Tank. *Breakfast Build Stronger Bodies <p><small>*Skipping Breakfast may tend to increase hunger throughout the day leading to more eating.</small></p> <p><small>*Eating Breakfast may help the heart, digestions and bones and helps meet the daily dietary requirements.</small></p>		<p>Students are given the opportunity to start their day with a healthy breakfast at all of our schools.</p> <div style="text-align: center;">  <p>Breakfast improves school performance!</p> </div>		<p>1</p> <p>French Toast with Syrup & Sausage Breakfast Pizza Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>
4	5	6	7	8
 <p>LABOR DAY NO SCHOOL</p>	<p>Breakfast Bowl & Cinnamon Roll Breakfast Pizza Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>	<p>Mini Pancakes & Sausage Breakfast Pizza Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>	<p>Breakfast Wrap Breakfast Pizza Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>	<p>French Toast with Syrup & Sausage Breakfast Pizza Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>
11	12	13	14	15
<p>Cheese Omelet & Cinnamon Roll Breakfast Pizza Cereal Served with either: Pop tart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>	<p>Breakfast Bowl & Cinnamon Roll Breakfast Pizza Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>	<p>Mini Pancakes & Sausage Breakfast Pizza Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>	<p>Breakfast Wrap Breakfast Pizza Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>	<p>French Toast with Syrup & Sausage Breakfast Pizza Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>
18	19	20	21	22
<p>Cheese Omelet & Cinnamon Roll Breakfast Pizza Cereal Served with either: Pop tart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>	<p>Breakfast Bowl & Cinnamon Roll Breakfast Pizza Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>	<p>Mini Pancakes & Sausage Breakfast Pizza Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>	<p>Breakfast Wrap Breakfast Pizza Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>	<p>French Toast with Syrup & Sausage Breakfast Pizza Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>
25	26	27	28	29
<p>Cheese Omelet & Cinnamon Roll Breakfast Pizza Cereal Served with either: Pop tart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>	<p>Breakfast Bowl & Cinnamon Roll Breakfast Pizza Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>	<p>Mini Pancakes & Sausage Breakfast Pizza Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>	<p>Breakfast Wrap Breakfast Pizza Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>	<p>French Toast with Syrup & Sausage Breakfast Pizza Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>

Staff Breakfast = \$2.00
Secondary Breakfast = \$1.70
Milk = \$.50

Offered Daily
Bagel & Cream Cheese
Fruit Parfaits
Mini Cinnis



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**
Gladys Rediger - FS Director
Linda Johnson-Administrative Assistant
Food Service Central Office
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WHAT'S ON YOUR PLATE?



This institution is an equal opportunity provider.