

October 2017 Elementary Breakfast Menu



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|---|---|
| 2 Apple Frudel or Cereal & Poptart Fresh Fruit Juice Milk | 3 Breakfast Pizza or Cereal & Donut Fresh Fruit Juice Milk | 4 Cheese Omelet & Cinnamon Roll or Cereal & Honey Oat Goldfish Fresh Fruit Juice Milk | 5 Breakfast Pizza or Cereal & Donut Fresh Fruit Juice Milk | 6 Mini Cinnis or Cereal & Honey Oat Goldfish Fresh Fruit Juice Milk |
| 9 Apple Frudel or Cereal & Poptart Fresh Fruit Juice Milk | 10 Breakfast Pizza or Cereal & Donut Fresh Fruit Juice Milk | 11 Cheese Omelet & Cinnamon Roll or Cereal & Honey Oat Goldfish Fresh Fruit Juice Milk | 12 Breakfast Pizza or Cereal & Donut Fresh Fruit Juice Milk | 13 Mini Cinnis or Cereal & Honey Oat Goldfish Fresh Fruit Juice Milk |
| 16 Apple Frudel or Cereal & Poptart Fresh Fruit Juice Milk | 17 Breakfast Pizza or Cereal & Donut Fresh Fruit Juice Milk | 18 Cheese Omelet & Cinnamon Roll or Cereal & Honey Oat Goldfish Fresh Fruit Juice Milk | 19 Breakfast Pizza or Cereal & Donut Fresh Fruit Juice Milk | 20 Mini Cinnis or Cereal & Honey Oat Goldfish Fresh Fruit Juice Milk |
| 23 Apple Frudel or Cereal & Poptart Fresh Fruit Juice Milk | 24 Breakfast Pizza or Cereal & Donut Fresh Fruit Juice Milk | 25 Cheese Omelet & Cinnamon Roll or Cereal & Honey Oat Goldfish Fresh Fruit Juice Milk | | |
| 30 Apple Frudel or Cereal & Poptart Fresh Fruit Juice Milk | 31 Breakfast Pizza or Cereal & Donut Fresh Fruit Juice Milk Happy Halloween | | | Students are given the opportunity to start their day with a healthy breakfast at all of our schools. Breakfast improves school performance! |

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



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

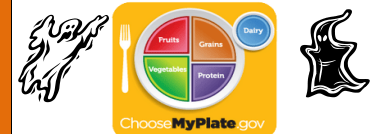
Nutrients missed at breakfast are typically not made up during the day

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
865-4416

WHATS ON YOUR PLATE?



This institution is an equal opportunity provider.