

October 2017

Middle School Breakfast Menu



<p>2</p> <p>Breakfast Pizza or Apple Frudel or Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit, Juice, Milk</p>	<p>3</p> <p>Breakfast Pizza or Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>	<p>4</p> <p>Breakfast Pizza or Cheese Omelet & Cinnamon Roll or Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit, Juice, Milk</p>	<p>5</p> <p>Breakfast Pizza or Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>	<p>6</p> <p>Breakfast Pizza or Mini Cinnis or Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit, Juice, Milk</p>
<p>9</p> <p>Breakfast Pizza or Apple Frudel or Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit, Juice, Milk</p>	<p>10</p> <p>Breakfast Pizza or Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>	<p>11</p> <p>Breakfast Pizza or Cheese Omelet & Cinnamon Roll or Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit, Juice, Milk</p>	<p>12</p> <p>Breakfast Pizza or Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>	<p>13</p> <p>Breakfast Pizza or Mini Cinnis or Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit, Juice, Milk</p>
<p>16</p> <p>Breakfast Pizza or Apple Frudel or Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit, Juice, Milk</p>	<p>17</p> <p>Breakfast Pizza or Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>	<p>18</p> <p>Breakfast Pizza or Cheese Omelet & Cinnamon Roll or Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit, Juice, Milk</p>	<p>19</p> <p>Breakfast Pizza or Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>	<p>20</p> <p>Breakfast Pizza or Mini Cinnis or Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit, Juice, Milk</p>
<p>23</p> <p>Breakfast Pizza or Apple Frudel or Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit, Juice, Milk</p>	<p>24</p> <p>Breakfast Pizza or Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>	<p>25</p> <p>Breakfast Pizza or Cheese Omelet & Cinnamon Roll or Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit, Juice, Milk</p>		
<p>30</p> <p>Breakfast Pizza or Apple Frudel or Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit, Juice, Milk</p>	<p>31</p> <p>Breakfast Pizza or Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice, Milk</p> <p style="text-align: center;">Happy Halloween</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>

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

Offered Daily

Fruit Parfait

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 STUDENT'S ACCOUNT FOR LUNCH

Lake Central
School Corporation
Gladys Rediger - FS Director
Linda Johnson-Administrative Assistant
Food Service Central Office
865-4416

WHAT'S ON YOUR PLATE?

Choose **MyPlate.gov**

This institution is an equal opportunity provider.