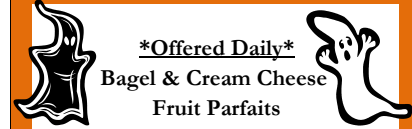


October 2017 High School Breakfast Menu



Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Cheese Omelet & Cinnamon Roll Breakfast Pizza Cereal Served with either: Pop tart, Breakfast Bar or Donut Fresh Fruit Juice Milk	Breakfast Bowl & Cinnamon Roll Breakfast Pizza Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk	Mini Pancakes & Sausage Breakfast Pizza Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk	Breakfast Wrap Breakfast Pizza Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk	French Toast with Syrup & Sausage Breakfast Pizza Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk
9	10	11	12	13
Cheese Omelet & Cinnamon Roll Breakfast Pizza Cereal Served with either: Pop tart, Breakfast Bar or Donut Fresh Fruit Juice Milk	Breakfast Bowl & Cinnamon Roll Breakfast Pizza Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk	Mini Pancakes & Sausage Breakfast Pizza Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk	Breakfast Wrap Breakfast Pizza Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk	French Toast with Syrup & Sausage Breakfast Pizza Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk
16	17	18	19	20
Cheese Omelet & Cinnamon Roll Breakfast Pizza Cereal Served with either: Pop tart, Breakfast Bar or Donut Fresh Fruit Juice Milk	Breakfast Bowl & Cinnamon Roll Breakfast Pizza Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk	Mini Pancakes & Sausage Breakfast Pizza Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk	Breakfast Wrap Breakfast Pizza Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk	French Toast with Syrup & Sausage Breakfast Pizza Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk
23	24	25		
Cheese Omelet & Cinnamon Roll Breakfast Pizza Cereal Served with either: Pop tart, Breakfast Bar or Donut Fresh Fruit Juice Milk	Breakfast Bowl & Cinnamon Roll Breakfast Pizza Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk	Mini Pancakes & Sausage Breakfast Pizza Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk		
30	31			Students are given the opportunity to start their day with a healthy breakfast at all of our schools. Breakfast improves school performance!
Cheese Omelet & Cinnamon Roll Breakfast Pizza Cereal Served with either: Pop tart, Breakfast Bar or Donut Fresh Fruit Juice Milk	Breakfast Bowl & Cinnamon Roll Breakfast Pizza Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice, Milk 			

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
 865-4416

WHAT'S ON YOUR PLATE?



This institution is an equal opportunity provider.