
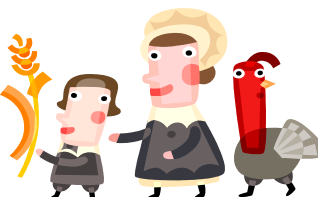
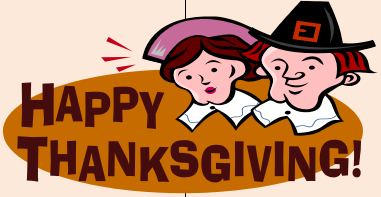



November 2017
Elementary School Breakfast Menu



Monday	Tuesday	Wednesday	Thursday	Friday
		1 Breakfast Pizza or Cereal & Honey Oat Goldfish Fresh Fruit Juice Milk	2 Mini Cinnis or Cereal & Donut Fresh Fruit Juice Milk	3 Breakfast Pizza or Cereal & Honey Oat Goldfish Fresh Fruit Juice Milk
6 Breakfast Pizza or Cereal & Poptart Fresh Fruit Juice Milk	7 Cheese Omelet & Cinnamon Roll or Cereal & Donut Fresh Fruit Juice Milk	8 Breakfast Pizza or Cereal & Honey Oat Goldfish Fresh Fruit Juice Milk	9 Mini Cinnis or Cereal & Donut Fresh Fruit Juice Milk	10 Breakfast Pizza or Cereal & Honey Oat Goldfish Fresh Fruit Juice Milk
13 Breakfast Pizza or Cereal & Poptart Fresh Fruit Juice Milk	14 Cheese Omelet & Cinnamon Roll or Cereal & Donut Fresh Fruit Juice Milk	15 Breakfast Pizza or Cereal & Honey Oat Goldfish Fresh Fruit Juice Milk	16 Mini Cinnis or Cereal & Donut Fresh Fruit Juice Milk	17 Breakfast Pizza or Cereal & Honey Oat Goldfish Fresh Fruit Juice Milk
20 Breakfast Pizza or Cereal & Poptart Fresh Fruit Juice Milk	21 Cheese Omelet & Cinnamon Roll or Cereal & Donut Fresh Fruit Juice Milk	22 Breakfast Pizza or Cereal & Honey Oat Goldfish Fresh Fruit Juice Milk	 HAPPY THANKSGIVING!	
27 Breakfast Pizza or Cereal & Poptart Fresh Fruit Juice Milk	28 Cheese Omelet & Cinnamon Roll or Cereal & Donut Fresh Fruit Juice Milk	29 Breakfast Pizza or Cereal & Honey Oat Goldfish Fresh Fruit Juice Milk	30 Mini Cinnis or Cereal & Donut Fresh Fruit Juice Milk	No School
27 Breakfast Pizza or Cereal & Poptart Fresh Fruit Juice Milk	28 Cheese Omelet & Cinnamon Roll or Cereal & Donut Fresh Fruit Juice Milk	29 Breakfast Pizza or Cereal & Honey Oat Goldfish Fresh Fruit Juice Milk	30 Mini Cinnis or Cereal & Donut Fresh Fruit Juice Milk	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



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 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?



This institution is an equal opportunity provider.