
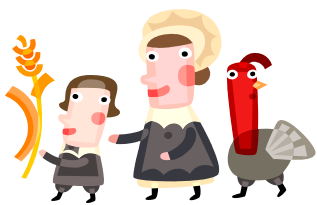




# November 2017

## Middle School Breakfast Menu



Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> Breakfast Pizza or Cheese Omelet & Cinnamon Roll or Cereal Served with either; Poptart, Breakfast Bar or Donut Fresh Fruit, Juice, Milk	<b>2</b> Breakfast Pizza or Cereal Served with either; Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk	<b>3</b> Breakfast Pizza or Mini Cinnis or Cereal Served with either; Poptart, Breakfast Bar or Donut Fresh Fruit, Juice, Milk
<b>6</b> Breakfast Pizza or Cereal Served with either; Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk	<b>7</b> Breakfast Pizza or Cereal Served with either; Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk	<b>8</b> Breakfast Pizza or Cheese Omelet & Cinnamon Roll or Cereal Served with either; Poptart, Breakfast Bar or Donut Fresh Fruit, Juice, Milk	<b>9</b> Breakfast Pizza or Cereal Served with either; Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk	<b>10</b> Breakfast Pizza or Mini Cinnis or Cereal Served with either; Poptart, Breakfast Bar or Donut Fresh Fruit, Juice, Milk
<b>13</b> Breakfast Pizza or Cereal Served with either; Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk	<b>14</b> Breakfast Pizza or Cereal Served with either; Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk	<b>15</b> Breakfast Pizza or Cheese Omelet & Cinnamon Roll or Cereal Served with either; Poptart, Breakfast Bar or Donut Fresh Fruit, Juice, Milk	<b>16</b> Breakfast Pizza or Cereal Served with either; Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk	<b>17</b> Breakfast Pizza or Mini Cinnis or Cereal Served with either; Poptart, Breakfast Bar or Donut Fresh Fruit, Juice, Milk
<b>20</b> Breakfast Pizza or Cereal Served with either; Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk	<b>21</b> Breakfast Pizza or Cereal Served with either; Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk	<b>22</b> Breakfast Pizza or Cheese Omelet & Cinnamon Roll or Cereal Served with either; Poptart, Breakfast Bar or Donut Fresh Fruit, Juice, Milk	 <b>HAPPY THANKSGIVING!</b> <b>No School</b>	
<b>27</b> Breakfast Pizza or Cereal Served with either; Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk	<b>28</b> Breakfast Pizza or Cereal Served with either; Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk	<b>29</b> Breakfast Pizza or Cheese Omelet & Cinnamon Roll or Cereal Served with either; Poptart, Breakfast Bar or Donut Fresh Fruit, Juice, Milk	<b>30</b> Breakfast Pizza or Cereal Served with either; Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk	<b>No School</b>  Students are given the opportunity to start their day with a healthy breakfast at all of our schools.  Breakfast improves school performance!
<b>6</b> Breakfast Pizza or Cereal Served with either; Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk	<b>7</b> Breakfast Pizza or Cereal Served with either; Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk	<b>8</b> Breakfast Pizza or Cheese Omelet & Cinnamon Roll or Cereal Served with either; Poptart, Breakfast Bar or Donut Fresh Fruit, Juice, Milk	<b>9</b> Breakfast Pizza or Cereal Served with either; Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk	<b>10</b> Breakfast Pizza or Mini Cinnis or Cereal Served with either; Poptart, Breakfast Bar or Donut Fresh Fruit, Juice, Milk

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 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.*