



December 2017 Elementary Breakfast Menu



Monday	Tuesday	Wednesday	Thursday	Friday
	<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>	<p>1 It provides their growing bodies with the nutrients they need after a long night of fasting during sleep.</p> <p>2 It fuels them with the energy they need to get them through the day.</p> <p>3 It helps them concentrate better in school.</p> <p>4 It gives them the energy to enjoy physical activities with their friends.</p>		<p>Breakfast Pizza or Cereal & Honey Oat Goldfish Fresh Fruit Juice Milk</p>
<p>4 Mini Pancake Sausage Wraps or Cereal & Poptart Fresh Fruit Juice Milk</p>	<p>5 Cheese Omelet & Cinnamon Roll or Cereal & Donut Fresh Fruit Juice Milk</p>	<p>6 Breakfast Pizza or Cereal & Honey Oat Goldfish Fresh Fruit Juice Milk</p>	<p>7 Mini Cinnis or Cereal & Donut Fresh Fruit Juice Milk</p>	<p>8 Breakfast Pizza or Cereal & Honey Oat Goldfish Fresh Fruit Juice Milk</p>
<p>11 Mini Pancake Sausage Wraps or Cereal & Poptart Fresh Fruit Juice Milk</p>	<p>12 Cheese Omelet & Cinnamon Roll or Cereal & Donut Fresh Fruit Juice Milk</p>	<p>13 Breakfast Pizza or Cereal & Honey Oat Goldfish Fresh Fruit Juice Milk</p>	<p>14 Mini Cinnis or Cereal & Donut Fresh Fruit Juice Milk</p>	<p>15 Breakfast Pizza or Cereal & Honey Oat Goldfish Fresh Fruit Juice Milk</p>
<p>18 Mini Pancake Sausage Wraps or Cereal & Poptart Fresh Fruit Juice Milk</p>	<p>19 Cheese Omelet & Cinnamon Roll or Cereal & Donut Fresh Fruit Juice Milk</p>	<p>20 Breakfast Pizza or Cereal & Honey Oat Goldfish Fresh Fruit Juice Milk</p>	<p>21 Mini Cinnis or Cereal & Donut Fresh Fruit Juice Milk</p>	<p>22 </p>
<p>25 </p>	<p>26 </p>	<p>27</p>	<p>28 </p>	<p>29 </p>

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 STUDENTS ACCOUNT FOR LUNCH

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

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**Merry
Christmas**

