







December 2017  
Middle School 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 Mini Chocolate Chip French Toast or Mini Cinnis </p> <p>2 Cereal Served with either; Poptart, Breakfast Bar or Donut Fresh Fruit, Juice, Milk</p>
<p>4 Mini Cinnis or Cereal Served with either; Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk </p>	<p>5 Breakfast Pizza </p> <p>or Cereal Served with either; Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>	<p>6 Mini Cinnis or Cheese Omelet &amp; Cinnamon Roll or Cereal Served with either; Poptart, Breakfast Bar or Donut Fresh Fruit, Juice, Milk </p>	<p>7 Breakfast Pizza </p> <p>or Cereal Served with either; Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>	<p>8 Mini Chocolate Chip French Toast or Mini Cinnis or Cereal Served with either; Poptart, Breakfast Bar or Donut Fresh Fruit, Juice, Milk</p>
<p>11 Mini Cinnis or Cereal Served with either; Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>	<p>12 Breakfast Pizza</p> <p>or Cereal Served with either; Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk </p>	<p>13 Mini Cinnis or Cheese Omelet &amp; Cinnamon Roll or Cereal Served with either; Poptart, Breakfast Bar or Donut Fresh Fruit, Juice, Milk</p>	<p>14 Breakfast Pizza </p> <p>or Cereal Served with either; Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>	<p>15 Mini Chocolate Chip French Toast or Mini Cinnis </p> <p>or Cereal Served with either; Poptart, Breakfast Bar or Donut Fresh Fruit, Juice, Milk</p>
<p>18 Mini Cinnis or Cereal Served with either; Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk </p>	<p>19 Breakfast Pizza</p> <p>or Cereal Served with either; Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>	<p>20 Mini Cinnis or Cheese Omelet &amp; Cinnamon Roll or Cereal Served with either; Poptart, Breakfast Bar or Donut Fresh Fruit, Juice, Milk </p>	<p>21 Breakfast Pizza</p> <p>or Cereal Served with either; Poptart, Breakfast Bar or 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  
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

**WHAT'S ON YOUR PLATE?**



This institution is an equal opportunity provider.



**Merry Christmas**



**HAPPY NEW YEAR**