



# December 2017 High 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><b>Breakfast improves school performance!</b></p>				<p>1 Mini Chocolate Chip French Toast or Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p> 
<p>4 Cheese Omelet &amp; Cinnamon Roll Mini Chocolate Chip French Toast Cereal Served with either: Pop tart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p> 	<p>5 Breakfast Bowl &amp; Cinnamon Roll Breakfast Pizza Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>	<p>6 Mini Pancakes &amp; Sausage Mini Chocolate Chip French Toast Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p> 	<p>7 Breakfast Wrap Breakfast Pizza Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>	<p>8 Mini Chocolate Chip French Toast or Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p> 
<p>11 Cheese Omelet &amp; Cinnamon Roll Mini Chocolate Chip French Toast Cereal Served with either: Pop tart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>	<p>12 Breakfast Bowl &amp; Cinnamon Roll Breakfast Pizza Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p> 	<p>13 Mini Pancakes &amp; Sausage Mini Chocolate Chip French Toast Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>	<p>14 Breakfast Wrap Breakfast Pizza Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p> 	<p>15 Mini Chocolate Chip French Toast or Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>
<p>18 Cheese Omelet &amp; Cinnamon Roll Mini Chocolate Chip French Toast Cereal Served with either: Pop tart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p> 	<p>19 Breakfast Bowl &amp; Cinnamon Roll Breakfast Pizza Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>	<p>20 Mini Pancakes &amp; Sausage Mini Chocolate Chip French Toast Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p> 	<p>21 Breakfast Wrap Breakfast Pizza 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  
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.



**Merry  
Christmas**

