



# January 2018 Elementary Breakfast Menu



Monday

Tuesday

Wednesday

Thursday

Friday

Staff Breakfast = \$2.00  
Elementary Breakfast = \$1.60  
Milk = \$.50



## HAPPY NEW YEAR



## NO SCHOOL WINTER BREAK

Students are given the opportunity to start their day with a healthy breakfast at all of our schools.



Breakfast improves school performance!

**\*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

**WHAT'S ON YOUR PLATE?**



This institution is an equal opportunity provider.

8 Mini Pancake Sausage Wrap or Cereal & Poptart  Fresh Fruit Juice Milk	9 Cheese Omelet & Cinnamon Roll  or Cereal & Donut Fresh Fruit Juice Milk	10 Breakfast Pizza or Cereal & Honey Oat Goldfish  Fresh Fruit Juice Milk	11 Mini Cinnis or Cereal & Donut  Fresh Fruit Juice Milk	12 Breakfast Pizza or Cereal & Honey Oat Goldfish Fresh Fruit Juice Milk
15   No School	16 Cheese Omelet & Cinnamon Roll  or Cereal & Donut Fresh Fruit Juice Milk	17 Breakfast Pizza or Cereal & Honey Oat Goldfish  Fresh Fruit Juice Milk	18 Mini Cinnis or Cereal & Donut  Fresh Fruit Juice Milk	19 Breakfast Pizza or Cereal & Honey Oat Goldfish Fresh Fruit Juice Milk
22 Mini Pancake Sausage Wrap or Cereal & Poptart  Fresh Fruit Juice Milk	23 Cheese Omelet & Cinnamon Roll  or Cereal & Donut Fresh Fruit Juice Milk	24 Breakfast Pizza or Cereal & Honey Oat Goldfish  Fresh Fruit Juice Milk	25 Mini Cinnis or Cereal & Donut  Fresh Fruit Juice Milk	26 Breakfast Pizza or Cereal & Honey Oat Goldfish Fresh Fruit Juice Milk
29 Mini Pancake Sausage Wrap or Cereal & Poptart  Fresh Fruit Juice Milk	30 Cheese Omelet & Cinnamon Roll  or Cereal & Donut Fresh Fruit Juice Milk	31 Breakfast Pizza or Cereal & Honey Oat Goldfish  Fresh Fruit Juice Milk	