










January 2018

Middle School Breakfast Menu



Monday	Tuesday	Wednesday	Thursday	Friday
  <h1 style="font-size: 2em;">HAPPY NEW YEAR</h1>   <h1 style="font-size: 2em;">NO SCHOOL WINTER BREAK</h1>				
8	9	10	11	12
Mini Cinnis or Cereal Served with either; Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk	Breakfast Pizza or Cereal Served with either; Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk	Mini Cinnis or Cheese Omelet & Cinnamon Roll or Cereal Served with either; Poptart, Breakfast Bar or Donut Fresh Fruit, Juice, Milk	Breakfast Pizza or Cereal Served with either; Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk	Students are given the opportunity to start their day with a healthy breakfast at all of our schools.  Breakfast improves school performance!
15	16	17	18	19
 No School	Breakfast Pizza or Cereal Served with either; Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk	Mini Cinnis or Cheese Omelet & Cinnamon Roll or Cereal Served with either; Poptart, Breakfast Bar or Donut Fresh Fruit, Juice, Milk	Breakfast Pizza or Cereal Served with either; Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk	Mini Chocolate Chip French Toast or Mini Cinnis or Cereal Served with either; Poptart, Breakfast Bar or Donut Fresh Fruit, Juice, Milk
22	23	24	25	26
Mini Cinnis or Cereal Served with either; Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk	Breakfast Pizza or Cereal Served with either; Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk	Mini Cinnis or Cheese Omelet & Cinnamon Roll or Cereal Served with either; Poptart, Breakfast Bar or Donut Fresh Fruit, Juice, Milk	Breakfast Pizza or Cereal Served with either; Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk	Mini Chocolate Chip French Toast or Mini Cinnis or Cereal Served with either; Poptart, Breakfast Bar or Donut Fresh Fruit, Juice, Milk
29	30	31		
Mini Cinnis or Cereal Served with either; Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk	Breakfast Pizza or Cereal Served with either; Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk	Mini Cinnis or Cheese Omelet & Cinnamon Roll 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
 Breakfast Pizza



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.