



January 2018 High School Breakfast Menu



Monday

Tuesday

Wednesday

Thursday

Friday

HAPPY NEW YEAR



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



Breakfast improves school performance!

NO SCHOOL WINTER BREAK

Staff Breakfast = \$2.00
Secondary Breakfast = \$1.70
Milk = \$.50

Offered Daily

Bagel & Cream Cheese
Fruit Parfaits
Mini Cinnis
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

WHATS ON YOUR PLATE?



This institution is an equal opportunity provider.

8	9	10	11	12
Cheese Omelet & Cinnamon Roll Mini Chocolate Chip French Toast Cereal Served with either: Pop tart. Breakfast Bar or Donut Fresh Fruit Juice Milk	Breakfast Bowl & Cinnamon Roll Breakfast Pizza Cereal Served with either: Pop tart. Breakfast Bar or Donut Fresh Fruit Juice Milk	Mini Pancakes & Sausage Mini Chocolate Chip French Toast Cereal Served with either: Pop tart. Breakfast Bar or Donut Fresh Fruit Juice Milk	Breakfast Pizza Cereal Served with either: Pop tart. Breakfast Bar or Donut Fresh Fruit Juice Milk	Mini Chocolate Chip French Toast Cereal Served with either: Pop tart. Breakfast Bar or Donut Fresh Fruit Juice Milk
15	16	17	18	19
 No School	Breakfast Bowl & Cinnamon Roll Breakfast Pizza Cereal Served with either: Pop tart. Breakfast Bar or Donut Fresh Fruit Juice Milk	Mini Pancakes & Sausage Mini Chocolate Chip French Toast Cereal Served with either: Pop tart. Breakfast Bar or Donut Fresh Fruit Juice Milk	Breakfast Wrap Breakfast Pizza Cereal Served with either: Pop tart. Breakfast Bar or Donut Fresh Fruit Juice Milk	Mini Chocolate Chip French Toast Cereal Served with either: Pop tart. Breakfast Bar or Donut Fresh Fruit Juice Milk
22	23	24	25	26
Cheese Omelet & Cinnamon Roll Mini Chocolate Chip French Toast Cereal Served with either: Pop tart. Breakfast Bar or Donut Fresh Fruit Juice Milk	Breakfast Bowl & Cinnamon Roll Breakfast Pizza Cereal Served with either: Pop tart. Breakfast Bar or Donut Fresh Fruit Juice Milk	Mini Pancakes & Sausage Mini Chocolate Chip French Toast Cereal Served with either: Pop tart. Breakfast Bar or Donut Fresh Fruit Juice Milk	Breakfast Wrap Breakfast Pizza Cereal Served with either: Pop tart. Breakfast Bar or Donut Fresh Fruit Juice Milk	Mini Chocolate Chip French Toast Cereal Served with either: Pop tart. Breakfast Bar or Donut Fresh Fruit Juice Milk
29	30	31		
Cheese Omelet & Cinnamon Roll Mini Chocolate Chip French Toast Cereal Served with either: Pop tart. Breakfast Bar or Donut Fresh Fruit Juice Milk	Breakfast Bowl & Cinnamon Roll Breakfast Pizza Cereal Served with either: Pop tart. Breakfast Bar or Donut Fresh Fruit Juice Milk	Mini Pancakes & Sausage Mini Chocolate Chip French Toast Cereal Served with either: Pop tart. Breakfast Bar or Donut Fresh Fruit Juice Milk		