



February 2018 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</p> <p>Breakfast Pizza or Cereal Served with either; Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>	<p>2</p> <p>Mini Chocolate Chip French Toast or Mini Cinnis or Cereal Served with either; Poptart, Breakfast Bar or Donut Fresh Fruit, Juice, Milk</p>
<p>5</p> <p>Mini Cinnis or Cereal Served with either; Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>	<p>6</p> <p>Breakfast Pizza or Cereal Served with either; Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>	<p>7</p> <p>Mini Cinnis or Cheese Omelet & Cinnamon Roll or Cereal Served with either; Poptart, Breakfast Bar or Donut Fresh Fruit, Juice, Milk</p>	<p>8</p> <p>Breakfast Pizza or Cereal Served with either; Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>	<p>9</p> <p>Mini Chocolate Chip French Toast or Mini Cinnis or Cereal Served with either; Poptart, Breakfast Bar or Donut Fresh Fruit, Juice, Milk</p>
<p>12</p> <p>Mini Cinnis or Cereal Served with either; Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>	<p>13</p> <p>Breakfast Pizza or Cereal Served with either; Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>	<p>14</p> <p>Mini Cinnis or Cheese Omelet & Cinnamon Roll or Cereal Served with either; Poptart, Breakfast Bar or Donut Fresh Fruit, Juice, Milk</p>	<p>15</p> <p>Breakfast Pizza or Cereal Served with either; Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>	<p>16</p> <p>Mini Chocolate Chip French Toast or Mini Cinnis or Cereal Served with either; Poptart, Breakfast Bar or Donut Fresh Fruit, Juice, Milk</p>
<p>19</p>  <p>NO SCHOOL</p>	<p>20</p> <p>Breakfast Pizza or Cereal Served with either; Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>	<p>21</p> <p>Mini Cinnis or Cheese Omelet & Cinnamon Roll or Cereal Served with either; Poptart, Breakfast Bar or Donut Fresh Fruit, Juice, Milk</p>	<p>22</p> <p>Breakfast Pizza or Cereal Served with either; Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>	<p>23</p> <p>Mini Chocolate Chip French Toast or Mini Cinnis or Cereal Served with either; Poptart, Breakfast Bar or Donut Fresh Fruit, Juice, Milk</p>
<p>26</p> <p>Mini Cinnis or Cereal Served with either; Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>	<p>27</p> <p>Breakfast Pizza or Cereal Served with either; Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>	<p>28</p> <p>Mini Cinnis or Cheese Omelet & Cinnamon Roll or Cereal Served with either; Poptart, Breakfast Bar or Donut Fresh Fruit, Juice, Milk</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**
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Linda Johnson-Administrative Assistant
Food Service Central Office
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WHAT'S ON YOUR PLATE?



This institution is an equal opportunity provider.