

February 2018 High School Breakfast Menu

BE MY VALENTINE!

HUGS!



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 Wrap Breakfast Pizza Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>	<p>2</p> <p>Mini Chocolate Chip French Toast Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>
5	6	7	8	9
<p>Cheese Omelet & Cinnamon Roll Mini Chocolate Chip French Toast Cereal Served with either: Pop tart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>	<p>Breakfast Bowl & Cinnamon Roll Breakfast Pizza Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>	<p>Mini Pancakes & Sausage Mini Chocolate Chip French Toast Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>	<p>Breakfast Wrap Breakfast Pizza Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>	<p>Mini Chocolate Chip French Toast Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>
12	13	14	15	16
<p>Cheese Omelet & Cinnamon Roll Mini Chocolate Chip French Toast Cereal Served with either: Pop tart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>	<p>Breakfast Bowl & Cinnamon Roll Breakfast Pizza Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>	<p>Mini Pancakes & Sausage Mini Chocolate Chip French Toast Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p> 	<p>Breakfast Wrap Breakfast Pizza Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>	<p>Mini Chocolate Chip French Toast Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>
19	20	21	22	23
 <p>NO SCHOOL</p>	<p>Breakfast Bowl & Cinnamon Roll Breakfast Pizza Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>	<p>Mini Pancakes & Sausage Mini Chocolate Chip French Toast Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>	<p>Breakfast Wrap Breakfast Pizza Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>	<p>Mini Chocolate Chip French Toast Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>
26	27	28		
<p>Cheese Omelet & Cinnamon Roll Mini Chocolate Chip French Toast Cereal Served with either: Pop tart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>	<p>Breakfast Bowl & Cinnamon Roll Breakfast Pizza Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>	<p>Mini Pancakes & Sausage Mini Chocolate Chip French Toast Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</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.