



# March 2018 Elementary Breakfast Menu



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

**\*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.*

Monday

Tuesday

Wednesday

Thursday

Friday



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



Breakfast improves school performance!



1  
Mini Cinnis  
or  
Cereal & Donut  
  
Fresh Fruit  
Juice  
Milk



2  
**GREEN EGGS & HAM**  
Cinnamon Roll

or  
Cereal & Poptart  
Fresh Fruit  
Juice  
Milk

5

**NATIONAL SCHOOL BREAKFAST WEEK**

9

Stuffed Cinnamon Bagel  
or  
Cereal & Poptart  
  
Fresh Fruit  
Juice  
Milk



Cheese Omelet & Cinnamon Roll  
or  
Cereal & Donut  
Fresh Fruit  
Juice  
Milk

Breakfast Pizza  
or  
Cereal & Honey Oat Goldfish  
  
Fresh Fruit  
Juice  
Milk



Mini Cinnis  
or  
Cereal & Donut  
  
Fresh Fruit  
Juice  
Milk

Breakfast Pizza  
or  
Cereal & Honey Oat Goldfish  
Fresh Fruit  
Juice  
Milk



12

Stuffed Cinnamon Bagel  
or  
Cereal & Poptart  
  
Fresh Fruit  
Juice  
Milk

13

Cheese Omelet & Cinnamon Roll  
or  
Cereal & Donut  
Fresh Fruit  
Juice  
Milk



Breakfast Pizza  
or  
Cereal & Honey Oat Goldfish  
  
Fresh Fruit  
Juice  
Milk

Mini Cinnis  
or  
Cereal & Donut  
  
Fresh Fruit  
Juice  
Milk

Breakfast Pizza  
or  
Cereal & Honey Oat Goldfish  
Fresh Fruit  
Juice  
Milk

19

Stuffed Cinnamon Bagel  
or  
Cereal & Poptart  
  
Fresh Fruit  
Juice  
Milk



20

Cheese Omelet & Cinnamon Roll  
or  
Cereal & Donut  
Fresh Fruit  
Juice  
Milk

Breakfast Pizza  
or  
Cereal & Honey Oat Goldfish  
  
Fresh Fruit  
Juice  
Milk



Mini Cinnis  
or  
Cereal & Donut  
  
Fresh Fruit  
Juice  
Milk

Breakfast Pizza  
or  
Cereal & Honey Oat Goldfish  
Fresh Fruit  
Juice  
Milk



26



27

**Happy Spring Break**



30

