


















# March 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><b>1</b></p> <p>Breakfast Pizza or Cereal Served with either; Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>	<p><b>2</b></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>
<b>NATIONAL SCHOOL BREAKFAST WEEK</b>				
<p><b>5</b></p> <p>Stuffed Cinnamon Bagel or Cereal Served with either; Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>	<p></p> <p>Breakfast Pizza or Cereal Served with either; Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>	<p>Mini Cinnis or Cheese Omelet &amp; Cinnamon Roll or Cereal Served with either; Poptart, Breakfast Bar or Donut Fresh Fruit, Juice, Milk</p>	<p></p> <p>Breakfast Pizza or Cereal Served with either; Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>	<p><b>9</b></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></p>
<p><b>12</b></p> <p>Stuffed Cinnamon Bagel or Cereal Served with either; Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>	<p><b>13</b></p> <p>Breakfast Pizza or Cereal Served with either; Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p> <p></p>	<p><b>14</b></p> <p>Mini Cinnis or Cheese Omelet &amp; Cinnamon Roll or Cereal Served with either; Poptart, Breakfast Bar or Donut Fresh Fruit, Juice, Milk</p>	<p><b>15</b></p> <p>Breakfast Pizza or Cereal Served with either; Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p> <p></p>	<p><b>16</b></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><b>19</b></p> <p>Stuffed Cinnamon Bagel or Cereal Served with either; Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p> <p></p>	<p><b>20</b></p> <p>Breakfast Pizza or Cereal Served with either; Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>	<p><b>21</b></p> <p>Mini Cinnis or Cheese Omelet &amp; Cinnamon Roll or Cereal Served with either; Poptart, Breakfast Bar or Donut Fresh Fruit, Juice, Milk</p>	<p><b>22</b></p> <p>Breakfast Pizza or Cereal Served with either; Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p> <p></p>	<p><b>23</b></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><b>26</b></p> <p></p>	<p><b>27</b></p> <p></p>		<p><b>28</b></p> <p></p>	
<p><b>29</b></p> <p></p>			<p><b>30</b></p> <p></p>	

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

**\*Offered Daily\***  
Breakfast Pizza  
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  
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.