








April 2018 High School Breakfast Menu



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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p>  <p>No School</p>	<p>3</p> <p>Breakfast Bowl & Cinnamon Roll Breakfast Pizza Cereal Served with either; Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>	<p>4</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>5</p> <p>Breakfast Wrap Breakfast Pizza Cereal Served with either; Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>	<p>6</p> <p>Maple Pancake Wrap Cereal Served with either; Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>
<p>9</p> <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>10</p> <p>Breakfast Bowl & Cinnamon Roll Breakfast Pizza Cereal Served with either; Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>	<p>11</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>12</p> <p>Breakfast Wrap Breakfast Pizza Cereal Served with either; Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>	<p>13</p> <p>Maple Pancake Wrap Cereal Served with either; Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>
<p>16</p> <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>17</p> <p>Breakfast Bowl & Cinnamon Roll Breakfast Pizza Cereal Served with either; Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>	<p>18</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>19</p> <p>Breakfast Wrap Breakfast Pizza Cereal Served with either; Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>	<p>20</p> <p>Maple Pancake Wrap Cereal Served with either; Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>
<p>23</p> <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>24</p> <p>Breakfast Bowl & Cinnamon Roll Breakfast Pizza Cereal Served with either; Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>	<p>25</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>26</p> <p>Breakfast Wrap Breakfast Pizza Cereal Served with either; Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>	<p>27</p> <p>Maple Pancake Wrap Cereal Served with either; Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>
<p>30</p> <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>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>			

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.