




May 2018

Elementary Breakfast Menu



Monday	Tuesday	Wednesday	Thursday	Friday
	1 Cheese Omelet & Cinnamon Roll or Cereal & Donut Fresh Fruit Juice Milk	2 Breakfast Pizza or Cereal & Honey Oat Goldfish Fresh Fruit Juice Milk	3 Mini Cinnis or Cereal & Donut Fresh Fruit Juice Milk	4 Breakfast Pizza or Cereal & Honey Oat Goldfish Fresh Fruit Juice Milk
7 Stuffed Cinnamon Bagel or Cereal & Poptart Fresh Fruit Juice Milk	8 Cheese Omelet & Cinnamon Roll or Cereal & Donut Fresh Fruit Juice Milk	9 Breakfast Pizza or Cereal & Honey Oat Goldfish Fresh Fruit Juice Milk	10 Mini Cinnis or Cereal & Donut Fresh Fruit Juice Milk	11 Breakfast Pizza or Cereal & Honey Oat Goldfish Fresh Fruit Juice Milk
14 Stuffed Cinnamon Bagel or Cereal & Poptart Fresh Fruit Juice Milk	15 Cheese Omelet & Cinnamon Roll or Cereal & Donut Fresh Fruit Juice Milk	16 Breakfast Pizza or Cereal & Honey Oat Goldfish Fresh Fruit Juice Milk	17 Mini Cinnis or Cereal & Donut Fresh Fruit Juice Milk	18 Breakfast Pizza or Cereal & Honey Oat Goldfish Fresh Fruit Juice Milk
21 Stuffed Cinnamon Bagel or Cereal & Poptart Fresh Fruit Juice Milk	22 Cheese Omelet & Cinnamon Roll or Cereal & Donut Fresh Fruit Juice Milk	23 Breakfast Pizza or Cereal & Honey Oat Goldfish Fresh Fruit Juice Milk	24 Mini Cinnis or Cereal & Donut Fresh Fruit Juice Milk	25 Breakfast Pizza or Cereal & Honey Oat Goldfish Fresh Fruit Juice Milk
28  <i>Memorial Day</i>	29 Students are given the opportunity to start their day with a healthy breakfast at all of our schools.  Breakfast improves school performance!	30 	31 	

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

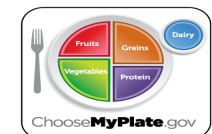
Nutrients missed at breakfast are typically not made up during the day

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.