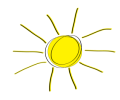


# May 2018

## High School Breakfast Menu



Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> Breakfast Bowl & Cinnamon Roll Breakfast Pizza Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk	<b>2</b> Mini Pancakes & Sausage Mini Chocolate Chip French Toast Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk	<b>3</b> Breakfast Wrap Breakfast Pizza Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk	<b>4</b> Maple Pancake Wrap Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk
<b>7</b> Cheese Omelet & Cinnamon Roll Mini Chocolate Chip French Toast Cereal Served with either: Pop tart, Breakfast Bar or Donut Fresh Fruit Juice Milk	<b>8</b> Breakfast Bowl & Cinnamon Roll Breakfast Pizza Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk	<b>9</b> Mini Pancakes & Sausage Mini Chocolate Chip French Toast Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk	<b>10</b> Breakfast Wrap Breakfast Pizza Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk	<b>11</b> Maple Pancake Wrap Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk
<b>14</b> Cheese Omelet & Cinnamon Roll Mini Chocolate Chip French Toast Cereal Served with either: Pop tart, Breakfast Bar or Donut Fresh Fruit Juice Milk	<b>15</b> Breakfast Bowl & Cinnamon Roll Breakfast Pizza Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk	<b>16</b> Mini Pancakes & Sausage Mini Chocolate Chip French Toast Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk	<b>17</b> Breakfast Wrap Breakfast Pizza Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk	<b>18</b> Maple Pancake Wrap Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk
<b>21</b> Cheese Omelet & Cinnamon Roll Mini Chocolate Chip French Toast Cereal Served with either: Pop tart, Breakfast Bar or Donut Fresh Fruit Juice Milk	<b>22</b> Breakfast Bowl & Cinnamon Roll Breakfast Pizza Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk	<b>23</b> Mini Pancakes & Sausage Mini Chocolate Chip French Toast Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk	<b>24</b> Breakfast Wrap Breakfast Pizza Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk	<b>25</b> Maple Pancake Wrap Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	
 <b>Memorial Day</b>	Students are given the opportunity to start their day with a healthy breakfast at all of our schools.  Breakfast improves school performance!		 <b>SUMMER</b>	

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.