

November 2021
Elementary School Breakfast Menu



| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|---|--|
| 1 | 2 | 3 | 4 | 5 |
|  | Stuffed Bagel or Fruit Parfait or Cereal Pack Fresh Fruit Juice / Milk | Chocolate Chip French Toast or Fruit Parfait or Cereal Pack Fresh Fruit Juice / Milk | Mini Cinnis or Fruit Parfait or Cereal Pack Fresh Fruit Juice / Milk | Glazed French Toast or Fruit Parfait or Cereal Pack Fresh Fruit Juice / Milk |
| 8 | 9 | 10 | 11 | 12 |
| Confetti Pancakes or Fruit Parfait or Cereal Pack Fresh Fruit Juice / Milk | Stuffed Bagel or Fruit Parfait or Cereal Pack Fresh Fruit Juice / Milk | Chocolate Chip French Toast or Fruit Parfait or Cereal Pack Fresh Fruit Juice / Milk | Mini Cinnis or Fruit Parfait or Cereal Pack Fresh Fruit Juice / Milk | Glazed French Toast or Fruit Parfait or Cereal Pack Fresh Fruit Juice / Milk |
| 15 | 16 | 17 | 18 | 19 |
| Confetti Pancakes or Fruit Parfait or Cereal Pack Fresh Fruit Juice / Milk | Stuffed Bagel or Fruit Parfait or Cereal Pack Fresh Fruit Juice / Milk | Chocolate Chip French Toast or Fruit Parfait or Cereal Pack Fresh Fruit Juice / Milk | Mini Cinnis or Fruit Parfait or Cereal Pack Fresh Fruit Juice / Milk | Glazed French Toast or Fruit Parfait or Cereal Pack Fresh Fruit Juice / Milk |
| 22 | 23 | 24 | 25 | 26 |
| Confetti Pancakes or Fruit Parfait or Cereal Pack Fresh Fruit Juice / Milk | Stuffed Bagel or Fruit Parfait or Cereal Pack Fresh Fruit Juice / Milk |  |  | |
| 29 | 30 | <div style="border: 2px solid black; padding: 5px; background-color: yellow;"> NO DEPOSITS ACCEPTED DURING MEAL SERVICE ⚠️ DEPOSITS MAY BE MADE ONLINE THROUGH THE STUDENTS' SKYWARD ACCOUNT. CHECK OR CASH DEPOSITS MAY BE DROPPED OFF IN THE SCHOOL OFFICE ONLY. ⚠️ </div> | | |
| Confetti Pancakes or Fruit Parfait or Cereal Pack Fresh Fruit Juice / Milk | Stuffed Bagel or Fruit Parfait or Cereal Pack Fresh Fruit Juice / Milk | Lake Central School Corporation DeAnn Alleva - FS Director Linda Johnson - Administrative Assistant Food Service Office 865-4416 | | Students are given the opportunity to start their day with a healthy breakfast at all of our schools.  Breakfast improves school performance! |

One Complete Breakfast Daily - Free
A La Carte Additional Breakfast - \$1.75
A La Carte Milk - \$.50

Take time
for
school Breakfast




Breakfast Provides 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



Menus are subject to change based on availability

FREE Breakfast & Lunch

One complete Breakfast and Lunch Meal Daily Free for all LCSC students through the 2021-2022 school year

- *All students will pick up meals in the school cafeteria
- *A la carte items will need to be paid for from the student's Skyward food service account. If funds are not available they will not be able to purchase the item. This include a la carte milk purchases
- *For more information, please go to our Food Service website at lcschools.us

WHAT'S ON YOUR PLATE?



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