

November 2021

Middle School Breakfast Menu



Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
	Glazed French Toast or Fruit Parfait or Cereal Pack or Cocoa Bread Fresh Fruit Juice / Milk	Mini Cinnis or Fruit Parfait or Cereal Pack or Pop Tarts Fresh Fruit Juice / Milk	Stuffed Bagel or Fruit Parfait or Cereal Pack or Cocoa Bread Fresh Fruit Juice / Milk	Chocolate Chip French Toast or Fruit Parfait or Cereal Pack or Pop Tarts Fresh Fruit Juice / Milk
8	9	10	11	12
Confetti Pancakes or Fruit Parfait or Cereal Pack or Pop Tarts Fresh Fruit Juice / Milk	Glazed French Toast or Fruit Parfait or Cereal Pack or Cocoa Bread Fresh Fruit Juice / Milk	Mini Cinnis or Fruit Parfait or Cereal Pack or Pop Tarts Fresh Fruit Juice / Milk	Stuffed Bagel or Fruit Parfait or Cereal Pack or Cocoa Bread Fresh Fruit Juice / Milk	Chocolate Chip French Toast or Fruit Parfait or Cereal Pack or Pop Tarts Fresh Fruit Juice / Milk
15	16	17	18	19
Confetti Pancakes or Fruit Parfait or Cereal Pack or Pop Tarts Fresh Fruit Juice / Milk	Glazed French Toast or Fruit Parfait or Cereal Pack or Cocoa Bread Fresh Fruit Juice / Milk	Mini Cinnis or Fruit Parfait or Cereal Pack or Pop Tarts Fresh Fruit Juice / Milk	Stuffed Bagel or Fruit Parfait or Cereal Pack or Cocoa Bread Fresh Fruit Juice / Milk	Chocolate Chip French Toast or Fruit Parfait or Cereal Pack or Pop Tarts Fresh Fruit Juice / Milk
22	23	24	25	26
Confetti Pancakes or Fruit Parfait or Cereal Pack or Pop Tarts Fresh Fruit Juice / Milk	Glazed French Toast or Fruit Parfait or Cereal Pack or Cocoa Bread Fresh Fruit Juice / Milk			Chocolate Chip French Toast or Fruit Parfait or Cereal Pack or Pop Tarts Fresh Fruit Juice / Milk
29	30	<div style="background-color: yellow; border: 1px solid black; padding: 5px; text-align: center;"> 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>		Students are given the opportunity to start their day with a healthy breakfast at all of our schools.
Confetti Pancakes or Fruit Parfait or Cereal Pack or Pop Tarts Fresh Fruit Juice / Milk	Glazed French Toast or Fruit Parfait or Cereal Pack or Cocoa Bread Fresh Fruit Juice / Milk	Lake Central School Corporation DeAnn Alleva - FS Director Linda Johnson - Administrative Assistant Food Service Office 865-4416		Breakfast improves school performance!

One Complete Breakfast Daily - Free
A La Carte Additional Breakfast \$1.85
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 - Student ID card needed

*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 includes a la carte milk purchases

*For more information, please go to our Food Service website at lcsc.us

WHAT'S ON YOUR PLATE?



This institution is an equal opportunity provider.