

November 2021

High 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="border: 2px solid black; padding: 5px; background-color: yellow;"> <p style="text-align: center; margin: 0;">NO DEPOSITS ACCEPTED DURING MEAL SERVICE</p> <p style="text-align: center; margin: 0; font-size: small;"> ⚠️ DEPOSITS MAY BE MADE ONLINE THROUGH THE STUDENTS' SKYWARD ACCOUNT. CHECK OR CASH DEPOSITS MAY BE DROPPED OFF IN THE SCHOOL OFFICE. DEPOSITS ACCEPTED AT DESIGNATED REGISTER DURING BREAKFAST IN THE NORTH CAFETERIA. ⚠️ </p> </div>		Lake Central School Corporation DeAnn Alleva - FS Director Linda Johnson - Administrative Assistant Food Service Office 865-4416
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	Students are given the opportunity to start their day with a healthy breakfast at all of our schools.		

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 lscs.us

WHAT'S ON YOUR PLATE?



Choose **MyPlate.gov**

This institution is an equal opportunity provider.