

Elementary Breakfast Menu August 2017



Monday	Tuesday	Wednesday	Thursday	Friday
NEW 14 Apple Frudel or Cereal & Poptart Fresh Fruit Juice Milk	15 Breakfast Pizza or Cereal & Donut Fresh Fruit Juice Milk	16 Cheese Omelet & Cinnamon Roll or Cereal & Honey Oat Goldfish Fresh Fruit Juice Milk	17 Breakfast Pizza or Cereal & Donut Fresh Fruit Juice Milk	18 Mini Cinnis or Cereal & Honey Oat Goldfish Fresh Fruit Juice Milk
21 Apple Frudel or Cereal & Poptart Fresh Fruit Juice Milk	22 Breakfast Pizza or Cereal & Donut Fresh Fruit Juice Milk	23 Cheese Omelet & Cinnamon Roll or Cereal & Honey Oat Goldfish Fresh Fruit Juice Milk	24 Breakfast Pizza or Cereal & Donut Fresh Fruit Juice Milk	25 Mini Cinnis or Cereal & Honey Oat Goldfish Fresh Fruit Juice Milk
28 Apple Frudel or Cereal & Poptart Fresh Fruit Juice Milk	29 Breakfast Pizza or Cereal & Donut Fresh Fruit Juice Milk	30 Cheese Omelet & Cinnamon Roll or Cereal & Honey Oat Goldfish Fresh Fruit Juice Milk	31 Breakfast Pizza or Cereal & Donut Fresh Fruit Juice Milk	 Eating a healthy breakfast has been linked to better learning ability and memory functions. Students are given the opportunity to start their day with a healthy breakfast at all of our schools. Breakfast improves school performance!

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.

