

# High School Breakfast Menu August 2017



Monday	Tuesday	Wednesday	Thursday	Friday
  				
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
Cheese Omelet & Cinnamon Roll Breakfast Pizza Cereal Served with either: Pop tart, Breakfast Bar or Donut Fresh Fruit Juice Milk	Breakfast Bowl & Cinnamon Roll Breakfast Pizza Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk	Mini Pancakes & Sausage Breakfast Pizza Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk	Breakfast Wrap Breakfast Pizza Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk	French Toast with Syrup & Sausage Breakfast Pizza Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
Cheese Omelet & Cinnamon Roll Breakfast Pizza Cereal Served with either: Pop tart, Breakfast Bar or Donut Fresh Fruit Juice Milk	Breakfast Bowl & Cinnamon Roll Breakfast Pizza Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk	Mini Pancakes & Sausage Breakfast Pizza Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk	Breakfast Wrap Breakfast Pizza Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk	French Toast with Syrup & Sausage Breakfast Pizza 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>	
Cheese Omelet & Cinnamon Roll Breakfast Pizza Cereal Served with either: Pop tart, Breakfast Bar or Donut Fresh Fruit Juice Milk	Breakfast Bowl & Cinnamon Roll Breakfast Pizza Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk	Mini Pancakes & Sausage Breakfast Pizza Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk	Breakfast Wrap Breakfast Pizza Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk	<p><i>Eating a healthy breakfast has been linked to better learning ability and memory functions.</i></p> <p><i>Students are given the opportunity to start their day with a healthy breakfast at all of our schools.</i></p> <p><i>Breakfast improves school performance!</i></p>
				

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 STUDENT'S 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.