






# May 2017

## High School Breakfast Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Cheese Omelet &amp; Cinnamon Roll Breakfast Pizza Cereal Served with either: Pop tart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>	<p>2</p> <p>Breakfast Bowl &amp; Cinnamon Roll Breakfast Pizza Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>	<p>3</p> <p>Mini Pancakes &amp; Sausage Breakfast Pizza Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>	<p>4</p> <p>Breakfast Wrap Breakfast Pizza Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>	<p>5</p> <p>French Toast with Syrup &amp; Sausage Breakfast Pizza Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>
<p>8</p> <p>Cheese Omelet &amp; Cinnamon Roll Breakfast Pizza Cereal Served with either: Pop tart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>	<p>9</p> <p>Breakfast Bowl &amp; Cinnamon Roll Breakfast Pizza Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>	<p>10</p> <p>Mini Pancakes &amp; Sausage Breakfast Pizza Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>	<p>11</p> <p>Breakfast Wrap Breakfast Pizza Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>	<p>12</p> <p>French Toast with Syrup &amp; Sausage Breakfast Pizza Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>
<p>15</p> <p>Cheese Omelet &amp; Cinnamon Roll Breakfast Pizza Cereal Served with either: Pop tart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>	<p>16</p> <p>Breakfast Bowl &amp; Cinnamon Roll Breakfast Pizza Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>	<p>17</p> <p>Mini Pancakes &amp; Sausage Breakfast Pizza Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>	<p>18</p> <p>Breakfast Wrap Breakfast Pizza Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>	<p>19</p> <p>French Toast with Syrup &amp; Sausage Breakfast Pizza Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>
<p>22</p> <p>Cheese Omelet &amp; Cinnamon Roll Breakfast Pizza Cereal Served with either: Pop tart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>	<p>23</p> <p>Breakfast Bowl &amp; Cinnamon Roll Breakfast Pizza Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>	<p>24</p> <p>Mini Pancakes &amp; Sausage Breakfast Pizza Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>	<p>25</p> <p>Breakfast Wrap Breakfast Pizza Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>	<p>26</p> <p>French Toast with Syrup &amp; Sausage Breakfast Pizza Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>
<p>29</p>  <p><b>Memorial Day</b></p>	<p>30</p> <p>Breakfast Bowl &amp; Cinnamon Roll Breakfast Pizza Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>	<p>31</p> 	<p>Students are given the opportunity to start their day with a healthy breakfast at all of our schools.</p>  <p>Breakfast improves school performance!</p>	<p>Students are given the opportunity to start their day with a healthy breakfast at all of our schools.</p>

Staff Breakfast = \$1.90  
Secondary Breakfast = \$1.60  
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 STUDENTS ACCOUNT FOR LUNCH**

Lake Central  
School Corporation  
Gladys Rediger - FS Director  
Linda Johnson-Administrative Assistant  
Food Service Central Office  
865-4416

**WHATS ON YOUR PLATE?**



This institution is an equal opportunity provider.