






May 2017

Middle School Breakfast Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Mini Pancakes or Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>	<p>2</p> <p>Breakfast Pizza or Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>	<p>3</p> <p>Cheese Omelet & Cinnamon Roll or Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>	<p>4</p> <p>Breakfast Pizza or Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>	<p>5</p> <p>Mini Cinnis or Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>
<p>8</p> <p>Mini Pancakes or Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>	<p>9</p> <p>Breakfast Pizza or Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>	<p>10</p> <p>Cheese Omelet & Cinnamon Roll or Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>	<p>11</p> <p>Breakfast Pizza or Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>	<p>12</p> <p>Mini Cinnis or Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>
<p>15</p> <p>Mini Pancakes or Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>	<p>16</p> <p>Breakfast Pizza or Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>	<p>17</p> <p>Cheese Omelet & Cinnamon Roll or Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>	<p>18</p> <p>Breakfast Pizza or Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>	<p>19</p> <p>Mini Cinnis or Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>
<p>22</p> <p>Mini Pancakes or Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>	<p>23</p> <p>Breakfast Pizza or Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>	<p>24</p> <p>Cheese Omelet & Cinnamon Roll or Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>	<p>25</p> <p>Breakfast Pizza or Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>	<p>26</p> <p>Mini Cinnis or Cereal Served with either: Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>
<p>29</p>  <p>Memorial Day</p>	<p>30</p> <p>Breakfast Pizza or 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>	

Staff Breakfast=\$1.90
Student Breakfast= \$1.60
Milk=\$.50

Offered Daily
Fruit Parfait



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.