



Elementary School Breakfast Menu September 2021



Monday	Tuesday	Wednesday	Thursday	Friday	
 Breakfast is available everyday at all schools. It is the most important meal of the day! 	Lake Central School Corporation DeAnn Alleva - FS Director Linda Johnson - Administrative Assistant Food Service Office 865-4416	1 Chocolate Chip French Toast or Fruit Parfait or Cereal Pack Fresh Fruit Juice / Milk	2 Mini Cinnis or Fruit Parfait or Cereal Pack Fresh Fruit Juice / Milk	3 Glazed French Toast or Fruit Parfait or Cereal Pack Fresh Fruit Juice / Milk	One Complete Breakfast Daily - Free A La Carte Additional Breakfast - \$1.75 A La Carte Milk - \$.50
6  No School Labor Day	7 Stuffed Bagel or Fruit Parfait or Cereal Pack Fresh Fruit Juice / Milk	8 Chocolate Chip French Toast or Fruit Parfait or Cereal Pack Fresh Fruit Juice / Milk	9 Mini Cinnis or Fruit Parfait or Cereal Pack Fresh Fruit Juice / Milk	10 Glazed French Toast or Fruit Parfait or Cereal Pack Fresh Fruit Juice / Milk	Take time for school Breakfast 
13 Confetti Pancakes or Fruit Parfait or Cereal Pack Fresh Fruit Juice / Milk	14 Stuffed Bagel or Fruit Parfait or Cereal Pack Fresh Fruit Juice / Milk	15 Chocolate Chip French Toast or Fruit Parfait or Cereal Pack Fresh Fruit Juice / Milk	16 Mini Cinnis or Fruit Parfait or Cereal Pack Fresh Fruit Juice / Milk	17 Glazed French Toast or Fruit Parfait or Cereal Pack Fresh Fruit Juice / Milk	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
20 Confetti Pancakes or Fruit Parfait or Cereal Pack Fresh Fruit Juice / Milk	21 Stuffed Bagel or Fruit Parfait or Cereal Pack Fresh Fruit Juice / Milk	22 Chocolate Chip French Toast or Fruit Parfait or Cereal Pack Fresh Fruit Juice / Milk	23 Mini Cinnis or Fruit Parfait or Cereal Pack Fresh Fruit Juice / Milk	24 Glazed French Toast or Fruit Parfait or Cereal Pack Fresh Fruit Juice / Milk	Menus are subject to change based on availability
27 Confetti Pancakes or Fruit Parfait or Cereal Pack Fresh Fruit Juice / Milk	28 Stuffed Bagel or Fruit Parfait or Cereal Pack Fresh Fruit Juice / Milk	29 Chocolate Chip French Toast or Fruit Parfait or Cereal Pack Fresh Fruit Juice / Milk	30 Mini Cinnis or Fruit Parfait or Cereal Pack Fresh Fruit Juice / Milk	NO DEPOSITS ACCEPTED DURING MEAL SERVICE DEPOSITS MAY BE MADE ONLINE THROUGH THE STUDENTS' SKYWARD ACCOUNT. CHECK OR CASH DEPOSITS MAY BE DROPPED OFF IN THE SCHOOL OFFICE ONLY.	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 *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 include a la carte milk purchases *For more information, please go to our Food Service website at lcsd.us
					WHAT'S ON YOUR PLATE?  Choose MyPlate.gov
					This institution is an equal opportunity provider.