



# High School Breakfast Menu August 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	<b>1</b> Mini Cinnis or Fruit Parfait or Cereal Pack or Pop Tarts  Fresh Fruit Juice / Milk	<b>2</b> Stuffed Bagel or Fruit Parfait or Cereal Pack or Cocoa Bread  Fresh Fruit Juice / Milk	<b>3</b> Chocolate Chip French Toast or Fruit Parfait or Cereal Pack or Pop Tarts  Fresh Fruit Juice / Milk	One Complete Breakfast Daily - Free A La Carte Additional Breakfast - \$1.85 A La Carte Milk - \$.50  <b>Take time for school breakfast</b> 
<b>6</b>  <b>No School Labor Day</b>	<b>7</b> Glazed French Toast or Fruit Parfait or Cereal Pack or Cocoa Bread  Fresh Fruit Juice / Milk	<b>8</b> Mini Cinnis or Fruit Parfait or Cereal Pack or Pop Tarts  Fresh Fruit Juice / Milk	<b>9</b> Stuffed Bagel or Fruit Parfait or Cereal Pack or Cocoa Bread  Fresh Fruit Juice / Milk	<b>10</b> Chocolate Chip French Toast or Fruit Parfait or Cereal Pack or Pop Tarts  Fresh Fruit Juice / Milk	Breakfast Provides 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
<b>13</b> Confetti Pancakes or Fruit Parfait or Cereal Pack or Pop Tarts  Fresh Fruit Juice / Milk	<b>14</b> Glazed French Toast or Fruit Parfait or Cereal Pack or Cocoa Bread  Fresh Fruit Juice / Milk	<b>15</b> Mini Cinnis or Fruit Parfait or Cereal Pack or Pop Tarts  Fresh Fruit Juice / Milk	<b>16</b> Stuffed Bagel or Fruit Parfait or Cereal Pack or Cocoa Bread  Fresh Fruit Juice / Milk	<b>17</b> Chocolate Chip French Toast or Fruit Parfait or Cereal Pack or Pop Tarts  Fresh Fruit Juice / Milk	<u>Menus are subject to change based on availability</u>
<b>20</b> Confetti Pancakes or Fruit Parfait or Cereal Pack or Pop Tarts  Fresh Fruit Juice / Milk	<b>21</b> Glazed French Toast or Fruit Parfait or Cereal Pack or Cocoa Bread  Fresh Fruit Juice / Milk	<b>22</b> Mini Cinnis or Fruit Parfait or Cereal Pack or Pop Tarts  Fresh Fruit Juice / Milk	<b>23</b> Stuffed Bagel or Fruit Parfait or Cereal Pack or Cocoa Bread  Fresh Fruit Juice / Milk	<b>24</b> Chocolate Chip French Toast or Fruit Parfait or Cereal Pack or Pop Tarts  Fresh Fruit Juice / Milk	<b>FREE Breakfast &amp; Lunch</b> *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 - Student ID card needed  *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 includes a la carte milk purchases  *For more information, please go to our Food Service website at <a href="http://lcschools.org">lcschools.org</a>
<b>27</b> Confetti Pancakes or Fruit Parfait or Cereal Pack or Pop Tarts  Fresh Fruit Juice / Milk	<b>28</b> Glazed French Toast or Fruit Parfait or Cereal Pack or Cocoa Bread  Fresh Fruit Juice / Milk	<b>29</b> Mini Cinnis or Fruit Parfait or Cereal Pack or Pop Tarts  Fresh Fruit Juice / Milk	<b>30</b> Stuffed Bagel or Fruit Parfait or Cereal Pack or Cocoa Bread  Fresh Fruit Juice / Milk	<b>NO DEPOSITS ACCEPTED DURING MEAL SERVICE</b>  DEPOSITS MAY BE MADE ONLINE THROUGH THE STUDENTS' SKYWARD ACCOUNT. CHECK OR CASH DEPOSITS MAY BE DROPPED OFF IN THE SCHOOL OFFICE. DEPOSITS ACCEPTED AT DESIGNATED REGISTER DURING BREAKFAST IN THE NORTH CAFETERIA.	
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