

Lake Shore Elementary Breakfast Menu

January 2019



Children, who eat breakfast show an increased ability to learn, exhibit better academic performance and may have a decreased risk of being overweight

Menu is subject to change.

Make breakfast a mandatory part of your day

Monday	Tuesday	Wednesday	Thursday	Friday
			3 Bagel w/Assorted Toppings Or Cereal w/Toast ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	4 Pillsbury Mini Cinnamon Rush French Toast Or Cereal w/Toast ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk
7 Croissant Breakfast Sandwich w/Sausage Or Cereal w/Toast ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	8 Pancakes w/Syrup Or Cereal w/Toast ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	9 Assorted Yogurt w/Toast Or Cereal w/Toast ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	10 Pillsbury Cherry Frudel Or Cereal w/Toast ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	11 Donut w/Icing Or Cereal w/Toast ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk
14 Pretzel Roll Breakfast Sandwich w/Sausage Or Cereal w/Toast ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	15 French Toast Sticks w/Syrup Or Cereal w/Toast ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	16 Pillsbury Apple Frudel Or Cereal w/Toast ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	17 Pillsbury Strawberry Cream Cheese Bagels Or Cereal w/Toast ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	18 Bagel w/Cinnamon & Sugar Or Cereal w/Toast ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk
21 Martin Luther King Day No School	22 Pancakes w/Syrup Or Cereal w/Toast ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	23 Pillsbury Cinnamon Cream Cheese Bagels Or Cereal w/Toast ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	24 Donut w/Icing Or Cereal w/Toast ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	25 Assorted Yogurt w/Toast Or Cereal w/Toast ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk
28 Breakfast Pizza w/Eggs & Sausage Or Cereal w/Toast ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	29 Mini Waffles w/Syrup Or Cereal w/Toast ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	30 Warm WG Cinnamon Roll Or Cereal w/Toast ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	31 Bagel w/Cream Cheese or Jelly Or Cereal w/Toast ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	

Breakfast Menu

Breakfast Price \$1.25

We offer fresh or prepared fruit daily.

All Juice served is 100%



Skim or 1% White Milk Served Daily

Start With:

- One Entree
- Fruit (May Choose 2 Different)
1-100% Juice Cup 4oz
1-Fresh Fruit or 1-4oz Fruit Cup
- Add Serving of Milk

Must Take a Minimum of 3 Items for a Complete Breakfast