

# Lake Shore Elementary Breakfast Menu

## March 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
		<b>National School Breakfast Week</b> <b>March 4<sup>th</sup> - March 8<sup>th</sup></b> Come have breakfast this week for chances to win a prize!		1 Bagel w/Cream Cheese or Cinnamon Sugar Or Cereal w/ Toast ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk
4 Pillsbury Filled Cocoa Puff or Cinnamon Toast Bar ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	5 Assorted 4oz Yogurt with WG Honey Bun or French Toast Goldfish Crackers ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	6 Place N Bake Cinnamon Roll w/Icing ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	7 4" Mini Flatbread Pizzas ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	8 Pillsbury Mini Waffles Blueberry or Maple Madness ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk
11 Croissant Breakfast Sandwich w/Sausage Or Cereal w/Toast ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	12 Pillsbury Mini Cinnis Or Cereal w/Toast ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	13 Donut w/ Icing Or Cereal w/Toast ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	14 Assorted Yogurt w/Toast Or Cereal w/Toast ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	15 Superintendent's Conference Day  No School For Students!
18 Breakfast Pizza w/Sausage Or Cereal w/Toast ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	19 Pancakes w/Syrup Or Cereal w/Toast ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	20 Warm WG Cinnamon Roll Or Cereal w/Toast ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	21 Bagel w/Cream Cheese or Jelly Or Cereal w/Toast ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	22 Pillsbury Cherry Frudel Or Cereal w/Toast ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk
25 Pretzel Roll Breakfast Sandwich w/Sausage Or Cereal w/Toast ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	26 French Toast Sticks w/Syrup Or Cereal w/Toast ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	27 Pillsbury Cinnamon Cream Cheese Bagels Or Cereal w/Toast ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	28 Pillsbury Apple Frudel Or Cereal w/Toast ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	29 Assorted Yogurt w/Toast 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**