

Lake Shore Elementary Breakfast Menu




May 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
		1 Donut w/Icing Or Cereal w/Toast ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	2 Bagel w/Cream Cheese or Jelly Or Cereal w/ Toast ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	3 Assorted Yogurt w/Toast Or Cereal w/ Toast ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk
	6 Pretzel Roll Breakfast Sandwich w/Sausage Or Cereal w/Toast ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	7 French Toast Sticks w/Syrup Or Cereal w/Toast ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	8 Warm WG Cinnamon Roll Or Cereal w/Toast ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	9 Breakfast Pizza w/Sausage Or Cereal w/Toast ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk
13 Croissant Breakfast Sandwich w/Sausage Or Cereal w/Toast ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	14 Pancakes w/Syrup Or Cereal w/Toast ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	15 Donut w/Icing Or Cereal w/Toast ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	16 Bagel w/Cream Cheese or Jelly Or Cereal w/Toast ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	17 Assorted Yogurt w/Toast Or Cereal w/ Toast ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk
20 Pretzel Roll Breakfast Sandwich w/Sausage Or Cereal w/ Toast ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	21 French Toast Sticks w/Syrup Or Cereal w/Toast ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	22 Warm WG Cinnamon Roll Or Cereal w/Toast ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	23 Breakfast Pizza w/Sausage Or Cereal w/Toast ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	24  Memorial Day Recess
27  Memorial Day Recess	28 Pancakes w/Syrup Or Cereal w/Toast ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	29 Donut w/Icing Or Cereal w/Toast ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	30 Bagel w/Cream Cheese or Jelly Or Cereal w/Toast ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	31 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 NY apples from LynOaken Farms 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