

Lake Shore Middle/High 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

Please make breakfast a mandatory part of your day

Monday	Tuesday	Wednesday	Thursday	Friday
			3	4
			Breakfast Pizza w/Sausage ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	French Toast Sticks w/Syrup ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk
7	8	9	10	11
Pretzel Breakfast Sandwich w/Sausage ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	Breakfast Pizza w/Sausage ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	Croissant Breakfast Sandwich w/Sausage ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	Breakfast Burrito w/Sausage ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	Pancakes w/Syrup ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk
14	15	16	17	18
Croissant Breakfast Sandwich w/Sausage ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	Breakfast Burrito w/Sausage ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	Pretzel Breakfast Sandwich w/Sausage ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	Breakfast Pizza w/Sausage ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	French Toast Sticks w/Syrup ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk
21	22	23	24	25
Martin Luther King Day No School	Breakfast Pizza w/Sausage ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	Croissant Breakfast Sandwich w/Sausage ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	Breakfast Burrito w/Sausage ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	Pancakes w/Syrup ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk
28	29	30	31	
Croissant Breakfast Sandwich w/Sausage ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	Breakfast Burrito w/Sausage ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	Pretzel Breakfast Sandwich w/Sausage ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	Breakfast Pizza w/Sausage ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	

Breakfast Price \$1.25

Served Daily

Whole Grain Donut w/Cinnamon Sugar or Frosting
 Butter, Cream Cheese, or Cinnamon Sugar Bagels
 Cinni Minnis, Apple or Cherry Frudels, Mini Bagels w/Strawberry or Cinn Cream Cheese Filling and Cinnamon Rolls
 Cereal w/ 1/2Bagel
 Or
 Yogurt w/Fruit and Granola Topping

*We offer fresh or prepared fruit daily.
 All Juice served is 100%*

**Skim, 1% White or Non Fat
 Chocolate 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