

Lake Shore Middle/High 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

Please make breakfast a mandatory part of your day

Monday	Tuesday	Wednesday	Thursday	Friday
	National School Breakfast Week March 4th - March 8th Come have breakfast this week for chances to win a prize!			1
Pillsbury Filled Cocoa Puff or Cinnamon Toast Bar ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	Assorted 4oz Yogurt with WG Honey Bun or French Toast Goldfish Crackers ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	Place N Bake Cinnamon Roll w/Icing ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	4" Mini Flatbread Pizzas ----- 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
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 Pretzel Breakfast Sandwich w/Sausage ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	12 Breakfast Pizza w/Sausage ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	13 Croissant Breakfast Sandwich w/Sausage ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	14 Breakfast Burrito w/Sausage ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	15 Superintendent's Conference Day  No School For Students!
18 Croissant Breakfast Sandwich w/Sausage ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	19 Breakfast Burrito w/Sausage ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	20 Pretzel Breakfast Sandwich w/Sausage ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	21 Breakfast Pizza w/Sausage ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	22 Pancakes w/Syrup ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk
25 Pretzel Breakfast Sandwich w/Sausage ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	26 Breakfast Pizza w/Sausage ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	27 Croissant Breakfast Sandwich w/Sausage ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	28 Breakfast Burrito w/Sausage ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	29 French Toast Sticks w/Syrup ----- 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/ 1/2 Bagel 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