

Lake Shore Middle/High 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

Please make breakfast a mandatory part of your day

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Croissant Breakfast Sandwich w/Sausage ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	2 Breakfast Burrito w/Sausage ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	3 French Toast Sticks w/Syrup ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk
6 Croissant Breakfast Sandwich w/Sausage ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	7 Breakfast Burrito w/Sausage ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	8 Pretzel Breakfast Sandwich w/Sausage ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	9 Breakfast Pizza w/Sausage ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	10 French Toast Sticks w/Syrup ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk
13 Pretzel Breakfast Sandwich w/Sausage ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	14 Breakfast Pizza w/Sausage ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	15 Croissant Breakfast Sandwich w/Sausage ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	16 Breakfast Burrito w/Sausage ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	17 French Toast Sticks w/Syrup ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk
20 Croissant Breakfast Sandwich w/Sausage ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	21 Breakfast Burrito w/Sausage ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	22 Pretzel Breakfast Sandwich w/Sausage ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	23 Breakfast Pizza w/Sausage ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	24 Memorial Day Recess
27 Memorial Day Recess	28 Breakfast Pizza w/Sausage ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	29 Croissant Breakfast Sandwich w/Sausage ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	30 Breakfast Burrito w/Sausage ----- Juice, Fresh or Prepared Fruit ----- Non or Low Fat Milk	31 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
- Cinnamon Rolls
- Cereal w/ 1/2 Bagel
- Yogurt w/Fruit and Granola Topping

We offer fresh NY Apples from LynOaken Farms or prepared fruit daily.

All Juice served is 100%

Skim, 1% White or Low 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