



JANUARY | 2024

Central Lake K-5 Breakfast Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1 No School Winter Break	2 No School Winter Break	3 Yogurt w/fruit	4 Pancake Wrap	5 WG Bagel w/cream cheese Or Peanut Butter
8 Assorted Muffins	9 WG Breakfast Sandwich Ham, Egg & Cheese	10 Yogurt w/fruit	11 WG Pancakes	12 WG Bagel w/cream cheese Or Peanut Butter
15 Assorted Muffins	16 Lemon bread	17 Yogurt w/fruit	18 Pancake Wrap	19 WG Bagel w/cream cheese Or Peanut Butter
22 Assorted Muffins	23 WG Breakfast Sandwich Sausage, Egg & Cheese	24 Yogurt w/fruit	25 HALF DAY! Pancake wrap	26 WG Bagel w/cream cheese Or Peanut Butter
29 Assorted Muffins	30 Banana Bread	31 Yogurt w/fruit	1	2

**Happy New
Year!!!**

**Breakfast is free to
all students!**

**½ Cup minimum of Fruit is
a requirement for breakfast.**
Students must choose 3 items
for a complete meal. A grain,
fruit and a milk.

**Everyday Alternative
items:**

**Cereal, cereal bars,
fresh fruit, cheese
sticks, juice, milk,
and a graham item**

**K-2 Gets a choice of hot
breakfast or a fruit and
graham item w/milk**

WG=Whole Grain

**Questions or comments
please contact Nicole**

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**Menus may change if an item
becomes unavailable.**