

# NOVEMBER | 2023



## Central Lake K-5 Breakfast Menu

| MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY  |
|---|---|---|---|---|
| 30  | 31  | 1<br>No School  | 2 WG Cinnamon Roll<br>OR<br>Cereal, Cereal Bar<br>Graham Cracker Item<br>Fruit, Milk                | 3 Yogurt Parfait<br>OR<br>Cereal, Cereal Bar<br>Graham Cracker Item<br>Fruit, Milk      |
| 6 Strawberry Cream<br>Cheese Mini Bagel<br>OR<br>Cereal, Cereal Bar<br>Graham Cracker Item<br>Fruit, Milk | 7 Sausage, Egg and<br>Cheese English Muffin<br>OR<br>Cereal, Cereal Bar<br>Graham Cracker Item<br>Fruit, Milk | 8 Pancake Wrap<br>OR<br>Cereal, Cereal Bar<br>Graham Cracker Item<br>Fruit, Milk                  | 9 WG Donut Holes<br>OR<br>Cereal, Cereal Bar<br>Graham Cracker Item<br>Fruit, Milk                  | 10 Breakfast Bites<br>OR<br>Cereal, Cereal Bar<br>Graham Cracker Item<br>Fruit, Milk    |
| 13 Biscuits and Gravy<br>OR<br>Cereal, Cereal Bar<br>Graham Cracker Item<br>Fruit, Milk                   | 14 Mini Pancakes<br>OR<br>Cereal, Cereal Bar<br>Graham Cracker Item<br>Fruit, Milk                            | 15 Cinnamon Mini<br>Pull-Aparts<br>OR<br>Cereal, Cereal Bar<br>Graham Cracker Item<br>Fruit, Milk | 16 WG Bagels<br>w/Cream Cheese<br>OR<br>Cereal, Cereal Bar<br>Graham Cracker Item<br>Fruit, Milk    | 17 WG Breakfast Pizza<br>OR<br>Cereal, Cereal Bar<br>Graham Cracker Item<br>Fruit, Milk |
| Breakfast Empanada<br>OR<br>Cereal, Cereal Bar<br>Graham Cracker Item<br>Fruit, Milk                      | 21 Bacon, Egg and<br>Cheese Bagel<br>OR<br>Cereal, Cereal Bar<br>Graham Cracker Item<br>Fruit, Milk           | 22 ½ Day<br>Fruit Bread<br>OR<br>Cereal, Cereal Bar<br>Graham Cracker Item<br>Fruit, Milk         | 23 Thanksgiving<br>Day  | 24 No<br>School   |
| 2 Breakfast Burrito<br><br>OR<br>Cereal, Cereal Bar<br>Graham Cracker Item<br>Fruit, Milk                 | 28 Mini Waffles<br>OR<br>Cereal, Cereal Bar<br>Graham Cracker Item<br>Fruit, Milk                             | 29 Pancake Wrap<br>OR<br>Cereal, Cereal Bar<br>Graham Cracker Item<br>Fruit, Milk                 | 30 Banana Muffin<br>String Cheese<br>OR<br>Cereal, Cereal Bar<br>Graham Cracker Item<br>Fruit, Milk | 1 Apple Fritter<br>OR<br>Cereal, Cereal Bar<br>Graham Cracker Item<br>Fruit, Milk       |

### News

**Breakfast is free to every student!!  
Come Join us!!**

**Breakfast comes with:  
Main Entrée or  
Cereal or  
Cereal Bar with a  
whole grain item.  
Fruit  
Milk**

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

**Questions:  
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