



JANUARY | 2024

Central Lake MS/HS Breakfast Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1 No School Winter Break	2 No School Winter Break	3 Lemon or Banana Fruit Bread	4 Yogurt Parfait	5 WG Bagel w/cream cheese Or Peanut Butter
8 Assorted Muffins	9 Breakfast Sandwich Ham, Egg & Cheese	10 Lemon or Blueberry Fruit Bread	11 Yogurt Parfait	12 WG Bagel w/cream cheese Or Peanut Butter
15 Assorted Muffins	16 Breakfast Sandwich Bacon, Egg & Cheese	17 Lemon or Banana Fruit Bread	18 Yogurt Parfait	19 WG Bagel w/cream cheese Or Peanut Butter
22 Assorted Muffins	23 Breakfast Sandwich Sausage, Egg & Cheese	24 Lemon or Blueberry Fruit Bread	25 HALF DAY! Pancake wrap	26 WG Bagel w/cream cheese Or Peanut Butter
29 Assorted Muffins	30 Breakfast Sandwich Bacon, Egg & Cheese	31 Lemon or Banana Fruit Bread	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 or fruit juice and a choice of
yogurt or milk.

**Everyday Alternative
items:**

**Cereal, cereal bars,
fresh fruit, cheese
sticks, 100% juice,
milk, yogurt, and a
WG graham item**

WG=Whole Grain

Questions or comments
please contact Nicole
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Menus may change if an item
becomes unavailable.