

NOVEMBER | 2023



Central Lake MS/HS Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30	31	1 No School	2 Cinnamon Rolls w/lcing OR Cereal, Cereal Bar WG Graham Item Fruit, Milk	3 Yogurt Parfait OR Cereal, Cereal Bar WG Graham Item Fruit, Milk
6 Strawberry Cream Cheese Mini Bagel OR Cereal, Cereal Bar WG Graham Item Fruit, Milk	7 Sausage, Egg and Cheese English Muffin OR Cereal, Cereal Bar WG Graham Item Fruit, Milk	8 Pancake Wrap OR Cereal, Cereal Bar WG Graham Item Fruit, Milk	9 WG Donut w/lcing OR Cereal, Cereal Bar WG Graham Item Fruit, Milk	10 Breakfast Bites OR Cereal, Cereal Bar WG Graham Item Fruit, Milk
13 Biscuits and Gravy OR Cereal, Cereal Bar WG Graham Item Fruit, Milk	14 Bacon, Egg and Cheese Bagel OR Cereal, Cereal Bar WG Graham Item Fruit, Milk	15 Cherry Turnover w/lcing OR Cereal, Cereal Bar WG Graham Item Fruit, Milk	16 Assorted Bagels w/ Cream Cheese OR Cereal, Cereal Bar WG Graham Item Fruit, Milk	17 WG Bagel Topper OR Cereal, Cereal Bar WG Graham Item Fruit, Milk
Breakfast Empanada OR Cereal, Cereal Bar WG Graham Item Fruit, Milk	Ham, Egg and Cheese English Muffin OR Cereal, Cereal Bar WG Graham Item Fruit, Milk	22 1/2 Day Powered Donut Holes OR Cereal, Cereal Bar WG Graham Item Fruit, Milk	23 Thanksgiving Day	24 No School
2 Breakfast Burrito OR Cereal, Cereal Bar WG Graham Item Fruit, Milk	28 Sausage, Egg and Cheese Croissant OR Cereal, Cereal Bar WG Graham Item Fruit, Milk	29 Pancake Wrap OR Cereal, Cereal Bar WG Graham Item Fruit, Milk	30 Assorted Muffins OR Cereal, Cereal Bar WG Graham Item Fruit, Milk	1 Apple Fritter OR Cereal, Cereal Bar WG Graham Item Fruit, Milk

News

Breakfast comes with many choices:
Main Entrée
Cereal or Cereal Bar
Fruit
Milk

Breakfast is free to all students. Delivered to your classroom. Come join us!!

Questions:
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Menus may change if an item becomes unavailable.