

SEPTEMBER | 2024

Central Lake K-12 Breakfast Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 No School Labor Day	3 WG Banana Muffins	4 Strawberry/Banana Smoothie	5 Breakfast Burritos w/Salsa cup	6 WG Bagel w/Cream Cheese or Peanut Butter
9 WG Assorted Muffins	10 WG Croissant Sandwich Egg & Cheese or Bacon, Egg & Cheese	11 Strawberry or Blueberry Yogurt Parfaits	12 Banana/Chocolate chip Sheet Pan Pancake w/Syrup	13 WG Bagel w/Cream Cheese or Peanut Butter
16 WG Assorted Muffins	17 WG English Muffin Sandwich Egg & Cheese or Sausage, egg & cheese	18 Strawberry/Banana Smoothie	19 Breakfast Burritos w/Salsa cup	20 WG Bagel w/Cream Cheese or Peanut Butter
23 WG Assorted Muffins	24 WG Croissant Sandwich Egg & Cheese or Bacon, Egg & Cheese	25 Strawberry or Blueberry Yogurt Parfaits	26 WG Pancake Wrap w/Syrup	27 WG Bagel w/Cream Cheese or Peanut Butter
30 WG Assorted Muffins	1	2	3	4

Breakfast is free to all Students!
To receive a free breakfast, students must choose a ½ cup fruit, and 2 more components. Milk alone will cost .60¢

Everyday Alternatives items: Fresh fruit, fruit cups, yogurt cups, granola bars, Overnight Oats, 100% juice, hard boiled eggs and cheese sticks.

Cereal will be offered once a week, on Tues for K-5.

WG=Whole Grain
Questions or comments, please contact Nicole Hutchins (231)544-3141 Ext:54206
nhutchins@centrallake.org
Menus may change if an item becomes unavailable