

NOVEMBER | 2024



Central Lake K-12 Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28	29	30	31	1 NO SCHOOL
4 WG Assorted Muffins	5 WG Croissant Sandwich Egg & Cheese or Bacon, Egg & Cheese	6 WG Biscuits and Gravy	7 WG Tornados w/salsa cup	8 WG Bagel w/Cream Cheese or Peanut Butter
11 WG Assorted Muffins	12 WG English Muffin Sandwich Egg & Cheese or Sausage, egg & cheese	13 Strawberry or Plain Parfait	14 WG Pancake Wrap w/syrup	15 NO SCHOOL
18 WG Assorted Muffins	19 WG Croissant Sandwich Egg & Cheese or Bacon, Egg & Cheese	20 WG Baked Hash Browns	21 WG Biscuits and Gravy	22 WG Bagel w/Cream Cheese or Peanut Butter
25 WG Assorted Muffins	26 WG English Muffin Sandwich Egg & Cheese or Sausage, egg & cheese	27 WG Powered Dounuts	28 NO SCHOOL	29 NO SCHOOL

Happy Thanksgiving!

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
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Menus may change if an item
becomes unavailable