

# NOVEMBER | 2024



## Central Lake Pre-K Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28	29	30	31	1 NO SCHOOL
4 WG 2oz Rice Krispies Cereal Hard Cooked Egg	5 WG Croissant Sandwich Egg & Cheddar Cheese (4oz)	6 WG Biscuits (2oz) w/Simply Fruit Cheese Stick	7 Hot Oatmeal w/fruit Cottage Cheese	8 WG Bagel (2oz) w/Cream Cheese or Peanut Butter
11 6oz Fruit Yogurt Hard Cooked Egg	12 WG English Muffin Sandwich Egg & Cheddar Cheese (4oz)	13 Strawberry Parfait (6oz yogurt, 4oz fruit) Cheese Stick	14 WG Pancake Wrap Cottage Cheese	15 NO SCHOOL
18 WG 2oz Cheerios Cereal Hard Cooked Egg	19 WG Croissant Sandwich Egg & Cheddar Cheese (4oz)	20 Strawberry Banana Smoothie (4.5oz) Cheese Stick	21 WG Biscuits (2oz) w/Simply Fruit Cottage Cheese	22 WG Bagel (2oz) w/Cream Cheese or Peanut Butter
25 6oz Fruit Yogurt Hard Cooked Egg	26 WG English Muffin Sandwich Egg & Cheddar Cheese (4oz)	27 WG Banana/Apple Muffins (2oz) w/Simply Fruit Cheese Stick	28 NO SCHOOL	29 NO SCHOOL

Breakfast is free for all students!  
Every Breakfast comes with fresh fruit, whole white milk for 1-2 year olds and 1% milk for 2-5 year olds.

Simply Fruit is a jam made with 100% fruit, no added sugar.

WG=Whole Grain

Questions or comments please contact Nicole Hutchins 231-544-3414  
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Menus may change if an item becomes unavailable