



# Lake Shore Elementary Breakfast Menu



www.eatlearnlive.com/chartbusters

**Student Breakfast \$1.35, Reduced price \$0.30**

**Ala Carte Milk \$0.40**

Questions or comments? Please call Tina Morris, Food Service Director at 586-285-8925

Monday	Tuesday	Wednesday	Thursday	Friday
Mini Pancakes Orange Juice Low Fat Milk Choice	Hot Breakfast Sandwich Apple Juice Low Fat Milk Choice	Egg, Cheese & Turkey Sausage Hot Pocket Orange Juice Low Fat Milk Choice	Mini Waffles Orange Juice Low Fat Milk Choice	Hot Breakfast Sandwich Apple Juice Low Fat Milk Choice

### **Available Daily**

**Choose one of the following:**

**Bagel & Cream Cheese**

**Bageler**

**Hot Breakfast Special of the Day**

**Or**

### **"Pick 2 Breakfast"**

**Choose any 2 items from the following:**

**Assorted Cereal**

**Yogurt**

**String Cheese**

**Fresh Baked Muffin**

**Graham Crackers**

**Oatmeal to Go Bar**

**Nutrigrain Bar**

**Whole Grain Poptart**

**Cereal Bar**

### **All Meals Include:**

**Choice of Fresh Fruit, Chilled Fruit or 100% Juice**

**And Choice of Low Fat Milk**

### **Good for Kids; Good for Parents!**

For parents with busy morning schedules, it's sometimes difficult to ensure that kids are eating a healthy breakfast before they head to school. Children often aren't ready to eat right after waking up, and it can be challenging to find nutritious breakfast foods they like. Some kids refuse breakfast at home and discover that they're hungry when they arrive at school.

Food Service provides a great option for parents

As you may know, a great breakfast is offered for **all students at school**. Studies have proven that kids who eat breakfast achieve higher academic scores, are more alert in class, visit the school nurse less often and are better behaved in school.

If morning meals are difficult for your family...let us help you out!!

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Go to [MyPyramid.gov/](http://MyPyramid.gov/) for online personal wellness resources for you and your family.