

NOVEMBER | 2025



Central Lake K-12 Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Assorted WG Muffins or Bagel w/cream cheese	4 WG Croissant Sandwich Bacon, Egg & Cheese	5 NO SCHOOL	6 WG Biscuits and Sausage Gravy	7 WG Bagel w/Cream Cheese or Peanut Butter Or WG Oatmeal
10 Assorted WG Muffins or Bagel w/cream cheese	11 WG English Muffin Sausage, Egg, & Cheese	12 Strawberry or Blueberry Parfaits w/granola	13 WG Biscuits and Sausage Gravy (6-12) Cheesy Omelets (K-5)	14 WG Bagel w/Cream Cheese or Peanut Butter Or WG Oatmeal
17 Assorted WG Muffins or Bagel w/cream cheese	18 WG Croissant Sandwich Bacon, Egg & Cheese	19 Strawberry or Blueberry Parfaits w/granola	20 WG Biscuits and Sausage Gravy	21 WG Bagel w/Cream Cheese or Peanut Butter Or WG Oatmeal
24 Assorted WG Muffins or Bagel w/cream cheese	25 WG English Muffin Sausage, Egg, & Cheese	26 ½ Day Strawberry or Blueberry Parfaits w/granola	27 NO SCHOOL	28 NO SCHOOL

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

Alternative items: Fresh fruit, fruit cups, yogurt cups, granola bars, Cereal, 100% juice, bagels, hard boiled eggs and cheese sticks.

WG=Whole Grain
Questions or comments,
please contact Nicole
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Menus may change if an item
becomes unavailable