

OCTOBER | 2025

Central Lake K-12 Breakfast Menu



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

29	30	1 Strawberry or Blueberry Parfaits w/granola	2 WG Biscuits and Sausage Gravy	3 WG Bagel w/Cream Cheese or Peanut Butter Or WG Oatmeal
6 Assorted WG Muffins or Bagel w/cream cheese	7 WG Croissant Sandwich Sausage, Egg & Cheese	8 Strawberry or Blueberry Parfaits w/granola	9 WG Ham and Cheese Sliders	10 WG Bagel w/Cream Cheese or Peanut Butter Or WG Oatmeal
13 Assorted WG Muffins or Bagel w/cream cheese	14 WG English Muffin Sausage, Egg, & Cheese	15 Chicken and WG Waffle w/syrup	16 WG Breakfast Tornadoes	17 WG Bagel w/Cream Cheese or Peanut Butter Or WG Oatmeal
20 Assorted WG Muffins or Bagel w/cream cheese	21 WG Croissant Sandwich Bacon, Egg & Cheese	22 Strawberry or Blueberry Parfaits w/granola	23 WG Breakfast Pizza	24 WG Bagel w/Cream Cheese or Peanut Butter Or WG Oatmeal
27 Assorted WG Muffins or Bagel w/cream cheese	28 WG English Muffin Sausage, Egg, & Cheese	29 Strawberry or Blueberry Parfaits w/granola	30 WG French Toast Sticks w/Syrup	31 WG Bagel w/Cream Cheese or Peanut Butter or Apple Fritter and Apple Cider

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