

OCTOBER | 2025

Central Lake Pre-K Breakfast Menu



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

29	30	1 Strawberry Parfaits w/Granola Blueberries	2 WG Biscuits w/PB and Simply Fruit Orange	3 WG Warm Oatmeal w/Bananas Apple
6 WG Rice Krispies Cereal (1oz) Hard Cooked Egg Banana	7 WG Croissant Sandwich Egg & Cheddar Cheese Homemade Cinnamon Apple Sauce	8 WG Warm Apple/Banana Cinnamon Oatmeal Blueberries	9 Mango yogurt smoothie w/granola Hard Cooked Egg	10 WG Bagel w/Cream Cheese or Peanut Butter Apple
13 WG Cheerios Cereal (1oz) Hard Cooked Egg Banana	14 WG English Muffin Sausage, Egg, & Cheddar Cheese Homemade Cinnamon Apple Sauce	15 WG Waffle w/Agave Syrup 4oz Strawberry's	16 WG Breakfast Burritos Egg and Cheddar Cheese Orange	17 WG Bagel w/Cream Cheese or Peanut Butter Apple
20 WG Rice Krispies Cereal (1oz) Hard Cooked Egg Banana	21 WG Croissant Sandwich Egg & Cheddar Cheese Homemade Cinnamon Apple Sauce	22 Strawberry Parfaits w/Granola Blueberries	23 WG Breakfast Pizza Sausage, Egg and cheese Orange	24 WG Warm Oatmeal w/Bananas Apple
27 WG Cheerios Cereal (1oz) Hard Cooked Egg Banana	28 WG English Muffin Egg, & Cheddar Cheese Homemade Cinnamon Apple Sauce	29 WG Warm Apple/Banana Cinnamon Oatmeal Blueberries	30 WG French Toast Sticks w/Agave Syrup Orange	31 WG Bagel w/Cream Cheese or Peanut Butter Apple Cider

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