

# SEPTEMBER | 2025

## Central Lake K-12 Breakfast Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> NO SCHOOL Labor Day	<b>2</b> Assorted WG Muffins	<b>3</b> WG English Muffin Sausage, Egg, & Cheese	<b>4</b> Pancake Sausage Wrap w/Syrup	<b>5</b> WG Bagel w/Cream Cheese or Peanut Butter
<b>8</b> Assorted WG Muffins	<b>9</b> WG Croissant Sandwich Ham, Egg & Cheese	<b>10</b> Strawberry Parfaits w/Granola or Acai Bowl w/Granola	<b>11</b> WG Biscuits and Sausage Gravy	<b>12</b> WG Bagel w/Cream Cheese or Peanut Butter
<b>15</b> Assorted WG Muffins	<b>16</b> WG English Muffin Sausage, Egg, & Cheese	<b>17</b> Strawberry Parfaits w/Granola or Acai Bowl w/Granola	<b>18</b> Tornados (Sausage, egg & cheese)	<b>19</b> WG Bagel w/Cream Cheese or Peanut Butter
<b>22</b> Assorted WG Muffins	<b>23</b> WG Croissant Sandwich Bacon, Egg & Cheese	<b>24</b> Strawberry Parfaits w/Granola or Acai Bowl w/Granola	<b>25</b> WG Biscuits and Sausage Gravy	<b>26</b> WG Bagel w/Cream Cheese or Peanut Butter
<b>29</b> Assorted WG Muffins	<b>30</b> WG English Muffin Sausage, Egg, & Cheese	<b>1</b>	<b>2</b>	<b>3</b>

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

Everyday Alternatives items: Fresh fruit, fruit cups, yogurt cups, granola bars, Overnight Oats, 100% juice, hard boiled eggs and cheese sticks.

Cereal will be offered once a week, on Tues for K-5.

WG=Whole Grain  
Questions or comments, please contact Nicole Hutchins (231)544-3141 Ext:54206  
[nhutchins@centrallake.org](mailto:nhutchins@centrallake.org)  
Menus may change if an item becomes unavailable