

# SEPTEMBER | 2025

## Central Lake Pre-K Breakfast Menu



| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY   |
|--|---|--|---|--|
| <b>1</b><br>NO SCHOOL<br>Labor Day   | <b>2</b><br>WG Rice Krispies<br>Cereal (1oz)<br><br>Hard Cooked Egg<br>Banana             | <b>3</b> WG English Muffin<br>Sandwich<br>Egg, Cheddar Cheese,<br>& Sausage<br><br>Apple | <b>4</b><br>Cheesy Egg Omelet<br>w/salsa<br><br>Blueberries           | <b>5</b><br>WG Bagel w/Cream<br>Cheese or Peanut<br>Butter<br><br>Apple  |
| <b>8</b><br>WG Cheerios Cereal<br>(1oz)<br><br>Hard Cooked Egg<br>Banana       | <b>9</b><br>WG Croissant<br>Sandwich Egg,<br>Cheddar Cheese<br><br>Apple                  | <b>10</b><br>Strawberry Parfaits<br>w/Granola  | <b>11</b><br>Pancake Sausage Wrap<br>w/Agave Syrup<br><br>Blueberries | <b>12</b><br>WG Bagel w/Cream<br>Cheese or Peanut<br>Butter<br><br>Apple |
| <b>15</b><br>WG Rice Krispies<br>Cereal (1oz)<br><br>Hard Cooked Egg<br>Banana | <b>16</b> WG English Muffin<br>Sandwich<br>Egg, Cheddar Cheese,<br>& Sausage<br><br>Apple | <b>17</b><br>Acai Bowl w/Granola<br><br>Blueberries &<br>Strawberries                    | <b>18</b><br>Warm Banana<br>Cinnamon Oatmeal                          | <b>19</b><br>WG Bagel w/Cream<br>Cheese or Peanut<br>Butter<br><br>Apple |
| <b>22</b><br>WG Mini Wheats Cereal<br>(1oz)<br><br>Hard Cooked Egg<br>Banana   | <b>23</b> WG Croissant<br>Sandwich Egg,<br>Cheddar Cheese<br><br>Apple                    | <b>24</b><br>Strawberry Parfaits<br>w/Granola  | <b>25</b><br>WG Biscuits w/Jelly &<br>PB<br><br>Blueberries           | <b>26</b><br>WG Bagel w/Cream<br>Cheese or Peanut<br>Butter<br><br>Apple |
| <b>29</b><br>WG Cheerios Cereal<br>(1oz)<br><br>Hard Cooked Egg<br>Banana      | <b>30</b> WG English Muffin<br>Sandwich<br>Egg & Cheddar Cheese<br><br>Apple              | <b>1</b>   | <b>2</b>  | <b>3</b>   |

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  
Ext:54206  
[nhutchins@centrallake.org](mailto:nhutchins@centrallake.org)

Menus may change if an item becomes unavailable