

Central Middle School Breakfast MENU 2018 - 2019

www.lhschools.org




School Calendar

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY


(WEEK 1)

 Indicates Possible Pork Product Apple Frudel Apple Orange Juice Milk	Mini Pancakes, Confetti Orange Orange Juice Milk	Mini Cinnis Apple Orange Juice Milk 	Pumpkin Cinnamon Roll Banana Orange Juice Milk	Bagel w/Cream Cheese Orange Orange Juice Milk 
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(WEEK 2)

Strawberry Danish Apple Orange Juice Milk	Mini French Toast, Cinnamon Orange Orange Juice Milk	Filled Crescent (Grape or Chocolate) Apple Orange Juice Milk	Bagel w/Cream Cheese Banana Orange Juice Milk 	Cherry Crunch Bar Orange Orange Juice Milk
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(WEEK 3)

Apple Danish Apple Orange Juice Milk	Mini Waffles, Maple Orange Orange Juice Milk 	Banana Bread Apple Orange Juice Milk	Cereal Bar Banana Orange Juice Milk	Bagel w/Cream Cheese Orange Orange Juice Milk
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AUG 2018					SEPT 2018					
M	T	W	T	F	M	T	W	T	F	
		1	2	3						
6	7	8	9	10	wk 1	3	4	5	6	7
13	14	15	16	17	wk 2	10	11	12	13	14
20	21	22	23	24	wk 3	17	18	19	20	21
27	28	29	30	31	wk 1	24	25	26	27	28

OCT 2018					NOV 2018					
M	T	W	T	F	M	T	W	T	F	
1	2	3	4	5	wk 3			1	2	
8	9	10	11	12	wk 1	5	6	7	8	9
15	16	17	18	19	wk 2	12	13	14	15	16
22	23	24	25	26	wk 3	19	20	21	22	23
29	30	31			wk 1	26	27	28	29	30

DEC 2018					JAN 2019					
M	T	W	T	F	M	T	W	T	F	
3	4	5	6	7	wk 2		1	2	3	4
10	11	12	13	14	wk 3	7	8	9	10	11
17	18	19	20	21	wk 1	14	15	16	17	18
24	25	26	27	28	wk 1	21	22	23	24	25
31					wk 2	28	29	30	31	

FEB 2019					MARCH 2019					
M	T	W	T	F	M	T	W	T	F	
			1		wk 3				1	
4	5	6	7	8	wk 1	4	5	6	7	8
11	12	13	14	15	wk 2	11	12	13	14	15
18	19	20	21	22	wk 3	18	19	20	21	22
25	26	27	28			25	26	27	28	29

APRIL 2019					MAY 2019					
M	T	W	T	F	M	T	W	T	F	
1	2	3	4	5	wk 2		1	2	3	
8	9	10	11	12	wk 3	6	7	8	9	10
15	16	17	18	19	Cook's Choice	13	14	15	16	17
22	23	24	25	26	Cook's Choice	20	21	22	23	24
29	30				Cook's Choice	27	28	29	30	31

Breakfast- Free
LUNCH PRICE- \$2.75
REDUCED LUNCH PRICE - \$.40
EXTRA MILK - \$.50
 Meal payments can be made via cash or check (payable to Licking Heights Food Service) in an envelope with your students name clearly marked.
 On-line meal payments, or to check your student's lunch account balance, please visit:
www.myschoolbucks.com

Licking Heights Local Schools cannot guarantee trace amounts of potential allergens not listed on food labels for sensitive individuals. We attempt to make reasonable accommodations for students with allergies. Please call the Food Service office for assistance. 614-626-7282.

AVAILABLE DAILY

 Muffin
 Honey Bun
 Pop Tart (2ct.)
 PB & J Graham Bar
 Crumb Cake

Breakfast is FREE to all students

Free & Reduced Applications are available on-line at <https://www.myschoolapps.com>

SNACKS AND DRINKS AVAILABLE FOR PURCHASE

"This institution is an equal opportunity provider."