



Mt. Lakes High School

STUDENTS CHOOSE MINIMUM OF 3 OF THE 4 ITEMS OFFERED FOR BREAKFAST

(IE. PROTEIN, GRAIN, FRUIT/VEGETABLE, MILK)
 2 GRAIN COMPONENTS MAY BE TAKEN
 2 FRUIT COMPONENTS MAY BE TAKEN
 ANY ITEM MAY BE 2 COMPONENTS
 (IE. PROTEIN/GRAIN = 2 GRAIN)

SERVING FIVE STAR MEALS



Adult Breakfast \$4.25
 Milk \$.50

NUTRITIONAL INFORMATION AVAILABLE FROM DISTRICT NURSE OR DISTRICT OFFICE, FOOD

BREAKFAST INCLUDES FRESH FRUIT and/or JUICE (CANNED FRUIT MAY ALSO BE AVAILABLE)

Monday	Tuesday	Wednesday	Thursday	Friday
8 CHURROS OR BAGEL SAND. CHOICES OR 1 BAGEL CHOICE (PLAIN BAGEL, BLUEBERRY, CIN. RAISIN BAGEL) OR ASSRTD. COLD CEREALS	9 CINNAMON ROLL CHOICES OR BAGEL SAND. CHOICES OR BAGEL CHOICES (PLAIN, BLUEBERRY, CIN. RAISIN) OR ASSRTD. COLD CEREALS	10 FRENCH TOAST STICKS OR BAGEL SAND. CHOICES OR BAGEL CHOICES, (PLAIN, BLUEBERRY, CIN. RAISIN) OR ASSRTD. COLD CEREALS	11 BREAKFAST WRAP OR BAGEL SAND. CHOICES OR BAGEL (PLAIN, BLUEBERRY, CIN. RAISAN) OR ASRTD. COLD CEREAL CHOICES CINNAMON TOAST	12 BISCUITS & GRAVY w/Hashbrown OR BAGEL SAND. CHOICES OR BAGEL CHOICES (PLAIN, BLUEBERRY, CIN. RAISIN) OR ASSRTD. COLD CEREALS
15 CHURROS OR BAGEL SAND. CHOICES OR 1 BAGEL CHOICE (PLAIN BAGEL, BLUEBERRY, CIN. RAISIN BAGEL) OR ASSRTD. COLD CEREALS	16 CINNAMON ROLL CHOICES OR BAGEL SAND. CHOICES OR BAGEL CHOICES OR PARFAIT ASSORTED COLD CEREALS	17 FRENCH TOAST STICKS OR BAGEL SAND. CHOICES OR BAGEL CHOICES, (PLAIN, BLUEBERRY, CIN. RAISIN) OR ASSRTD. COLD CEREALS	18 EGGSTRAVAGANZA CINNAMON TOAST SLICE OR E.M. SAND. CHOICES OR BAGEL CHOICES (PLAIN, BLUEBERRY, CIN. RAISIN) OR ASRTD. COLD CEREALS	19 BISCUITS & GRAVY w/Hashbrown OR BAGEL SAND. CHOICES OR BAGEL CHOICES (PLAIN, BLUEBERRY, CIN. RAISIN) OR ASSRTD. COLD CEREALS
22 CHURROS OR BAGEL SAND. CHOICES OR 1 BAGEL CHOICE (PLAIN BAGEL, BLUEBERRY, CIN. RAISIN BAGEL) OR ASSRTD. COLD CEREALS	23 CINNAMON ROLL CHOICES OR BAGEL SAND. CHOICES OR BAGEL CHOICES (PLAIN, BLUEBERRY, CIN. RAISIN) OR ASSRTD. COLD CEREALS	24 FRENCH TOAST STICKS OR BAGEL SAND. CHOICES OR BAGEL CHOICES, (PLAIN, BLUEBERRY, CIN. RAISIN) OR ASSRTD. COLD CEREALS	25 BREAKFAST WRAP OR BAGEL SAND. CHOICES OR BAGEL (PLAIN, BLUEBERRY, CIN. RAISAN) OR ASRTD. COLD CEREAL CHOICES CINNAMON TOAST	26 PANCAKE SAUSAGE ON A STICK OR BAGEL SAND. CHOICES (WHOLE WHEAT) BAGEL CHOICES COLD CEREAL CHOICES
29 CHURROS OR BAGEL SAND. CHOICES OR 1 BAGEL CHOICE (PLAIN BAGEL, BLUEBERRY, CIN. RAISIN BAGEL) OR ASSRTD. COLD CEREALS	30 CINNAMON ROLL CHOICES OR BAGEL SAND. CHOICES OR BAGEL CHOICES OR PARFAIT ASSORTED COLD CEREALS			

CHILLED 1% WHITE MILK AND NONFAT CHOCOLATE MILK & OTHER FLAVORS ARE SEASONAL (no high fructose corn syrup in chocolate milk)
 ALL MENU'S SUBJECT TO CHANGE BASED ON PRODUCT AVAILABILITY

PLEASE COME AND JOIN US FOR A NUTRITIOUS, HEALTHY BREAKFAST AND LUNCH! WE PROUDLY SERVE FRANZ BREAD ITEMS THAT ARE WHOLE WHEAT AND WHOLE GRAIN WE ALSO PROUDLY SERVE PRODUCER'S MILK AND DAIRY ITEMS