

FREE BREAKFAST and LUNCH for ALL STUDENTS!!!!

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)

STUDENTS MUST TAKE 1/2 CUP OF FRUIT OR VEGETABLE

NUTRITIONAL INFORMATION AVAILABLE FROM DISTRICT NURSE OR DISTRICT OFFICE, FOOD SERVICE.

**Adult Breakfast \$4.25
Milk \$.50**

BREAKFAST INCLUDES FRESH FRUIT and/or JUICE (CANNED FRUIT MAY ALSO BE AVAILABLE)
(VEGETABLES ARE INCLUDED IN THIS GROUPING) GRAIN Item/s; DAIRY Item/s (MILK)

Monday	Tuesday	Wednesday	Thursday	Friday
2 CHURROS OR BAGEL SAND. CHOICES OR 1 BAGEL CHOICE (PLAIN BAGEL, BLUEBERRY, CIN. RAISIN BAGEL) OR ASSRTD. COLD CEREALS	3 CINNAMON ROLL CHOICES OR BAGEL SAND. CHOICES OR BAGEL CHOICES (PLAIN, BLUE BERRY, CIN. RAISIN) OR ASSRTD. COLD CEREALS	4 FRENCH TOAST STICKS OR BAGEL SAND. CHOICES BAGEL CHOICES, (PLAIN, BLUE BERRY, CIN. RAISIN) OR ASSRTD. COLD CEREALS	5 BREAKFAST WRAP OR BAGEL SAND. CHOICES OR BAGEL (PLAIN, BLUEBERRY, CIN. RAISIN) OR ASSRTD. COLD CEREAL CHOICES	6 PANCAKE SAUSAGE ON A STICK OR BAGEL SAND. CHOICES (WHOLE WHEAT) BAGEL CHOICES COLD CEREAL CHOICES
9 CHURROS OR BAGEL SAND. CHOICES OR 1 BAGEL CHOICE (PLAIN BAGEL, BLUEBERRY, CIN. RAISIN BAGEL) OR ASSRTD. COLD CEREALS	10 CINNAMON ROLL CHOICES OR BAGEL SAND. CHOICES OR BAGEL CHOICES (PLAIN, BLUE BERRY, CIN. RAISIN) OR ASSRTD. COLD CEREALS	11 FRENCH TOAST STICKS OR BAGEL SAND. CHOICES BAGEL CHOICES, (PLAIN, BLUE BERRY, CIN. RAISIN) OR ASSRTD. COLD CEREALS PARFAITS	12 EGGSTRAVAGANZA CINNAMON TOAST SLICE OR E.M. SAND. CHOICES OR BAGEL CHOICES (PLAIN, BLUE BERRY, CIN. RAISIN) OR ASSRTD. COLD CEREALS	13 BISCUITS & GRAVY w/Hashbrown OR BAGEL SAND. CHOICES OR BAGEL CHOICES (PLAIN, BLUE BERRY, CIN. RAISIN) OR ASSRTD. COLD CEREALS
16 CHURROS OR BAGEL SAND. CHOICES OR 1 BAGEL CHOICE (PLAIN BAGEL, BLUEBERRY, CIN. RAISIN BAGEL) OR ASSRTD. COLD CEREALS	17 CINNAMON ROLL CHOICES OR BAGEL SAND. CHOICES OR BAGEL CHOICES (PLAIN, BLUE BERRY, CIN. RAISIN) OR ASSRTD. COLD CEREALS	18 FRENCH TOAST STICKS OR BAGEL SAND. CHOICES BAGEL CHOICES, (PLAIN, BLUE BERRY, CIN. RAISIN) OR ASSRTD. COLD CEREALS	19 BREAKFAST WRAP OR BAGEL SAND. CHOICES OR BAGEL (PLAIN, BLUEBERRY, CIN. RAISIN) OR ASSRTD. COLD CEREAL CHOICES	

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