

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

ALL STUDENTS EAT FOR FREE!!

Adult Breakfast \$4.25

Milk \$.50

Gateway Unified School District



Mt. Lakes High School



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)

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

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

Monday	Tuesday	Wednesday	Thursday	Friday
	7 CINNAMON ROLL CHOICES OR BAGEL SAND. CHOICES OR BAGEL CHOICES (PLAIN, BLUEBERRY, CIN. RAISIN) OR ASSRTD. COLD CEREALS	8 FRENCH TOAST STICKS OR BAGEL SAND. CHOICES BAGEL CHOICES, (PLAIN, BLUEBERRY, CIN. RAISIN) OR ASSRTD. COLD CEREALS	9 BREAKFAST WRAP OR BAGEL SAND. CHOICES OR BAGEL (PLAIN, BLUEBERRY, CIN. RAISIN) OR ASRTD. COLD CEREAL CHOICES CINNAMON TOAST	10 BISCUITS & GRAVY OR BAGEL SAND. CHOICES OR BAGEL CHOICES (PLAIN, BLUEBERRY, CIN. RAISIN) OR ASSRTD. COLD CEREALS
13 CHURROS OR BAGEL SAND. CHOICES OR BAGEL CHOICES (PLAIN BAGEL, BLUEBERRY, CIN. RAISIN BAGEL) OR ASSRTD. COLD CEREALS	14 CINNAMON ROLL CHOICES OR YOGURT PARFAIT BAGEL SAND. CHOICES OR BAGEL CHOICES (PLAIN, BLUEBERRY, CIN. RAISIN) OR ASSRTD. COLD CEREALS	15 FRENCH TOAST STICKS OR YOGURT PARFAIT OR BAGEL SAND. CHOICES BAGEL CHOICES, (PLAIN, BLUEBERRY, CIN. RAISIN) OR ASSRTD. COLD CEREALS	16 EGGS TRAVAGANZA CINNAMON TOAST SLICE OR BAGEL SAND. CHOICES OR BAGEL CHOICES (PLAIN, BLUEBERRY, CIN. RAISIN) OR A SRTD. COLD CEREALS	17 PANCAKE SAUSAGE ON A STICK OR BAGEL SAND. CHOICES OR BAGEL CHOICES (PLAIN BAGEL, BLUEBERRY, CIN. RAISIN BAGEL) OR ASSRTD. COLD CEREALS
20 -----NO SCHOOL----- 	21 CINNAMON ROLL CHOICES OR BAGEL SAND. CHOICES OR BAGEL CHOICES (PLAIN, BLUEBERRY, CIN. RAISIN) OR ASSRTD. COLD CEREALS	22 FRENCH TOAST STICKS OR BAGEL SAND. CHOICES BAGEL CHOICES, (PLAIN, BLUEBERRY, CIN. RAISIN) OR ASSRTD. COLD CEREALS	23 BREAKFAST WRAP OR BAGEL SAND. CHOICES OR BAGEL (PLAIN, BLUEBERRY, CIN. RAISIN) OR ASRTD. COLD CEREAL CHOICES CINNAMON TOAST	24 BISCUITS & GRAVY OR BAGEL SAND. CHOICES OR BAGEL CHOICES (PLAIN, BLUEBERRY, CIN. RAISIN) OR ASSRTD. COLD CEREALS
27 CHURROS OR BAGEL SAND. CHOICES OR BAGEL CHOICES (PLAIN BAGEL, BLUEBERRY, CIN. RAISIN BAGEL) OR ASSRTD. COLD CEREALS	28 CINNAMON ROLL CHOICES OR YOGURT PARFAIT BAGEL SAND. CHOICES OR BAGEL CHOICES (PLAIN, BLUEBERRY, CIN. RAISIN) OR ASSRTD. COLD CEREALS	29 FRENCH TOAST STICKS OR YOGURT PARFAIT OR BAGEL SAND. CHOICES BAGEL CHOICES, (PLAIN, BLUEBERRY, CIN. RAISIN) OR ASSRTD. COLD CEREALS	30 EGGS TRAVAGANZA CINNAMON TOAST SLICE OR BAGEL SAND. CHOICES OR BAGEL CHOICES (PLAIN, BLUEBERRY, CIN. RAISIN) OR A SRTD. COLD CEREALS	31 BISCUITS & GRAVY OR BAGEL SAND. CHOICES OR BAGEL CHOICES (PLAIN, BLUEBERRY, CIN. RAISIN) OR ASSRTD. COLD CEREALS

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