



Mt. Lakes High School

Adult Breakfast \$4.25

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

SERVING FIVE STAR MEALS



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 |
|---|--|--|---|---|
| | 1 CINNAMON ROLL CHOICES OR BAGEL SAND. CHOICES OR BAGEL CHOICES (PLAIN, BLUEBERRY, CIN. RAISIN) OR ASSRTD. COLD CEREALS | 2 FRENCH TOAST STICKS OR BAGEL SAND. CHOICES OR BAGEL CHOICES (PLAIN, BLUEBERRY, CIN. RAISIN) OR ASSRTD. COLD CEREALS | 3 BREAKFAST WRAP OR BAGEL SAND. CHOICES OR BAGEL (PLAIN, BLUEBERRY, CIN. RAISAN) OR ASSRTD. CEREAL CHOICES CINNAMON TOAST | 4 BISCUITS & GRAVY OR BAGEL SAND. CHOICES OR BAGEL CHOICES (PLAIN, BLUEBERRY, CIN. RAISIN) |
| 7 CHURROS OR BAGEL SAND. CHOICES OR BAGEL CHOICES (PLAIN BAGEL, BLUEBERRY, CIN. RAISIN BAGEL) OR ASSRTD. COLD CEREALS | 8 CINNAMON ROLL CHOICES OR BAGEL SAND. CHOICES OR BAGEL CHOICES (PLAIN, BLUEBERRY, CIN. RAISIN) OR ASSRTD. COLD CEREALS | 9 FRENCH TOAST STICKS OR BAGEL SAND. CHOICES OR BAGEL CHOICES OR PARFAIT ASSORTED COLD CEREALS | 10 EGGS TRAVAGANZA CINNAMON TOAST SLICE OR BAGEL SAND. CHOICES OR BAGEL CHOICES (PLAIN, BLUEBERRY, CIN. RAISIN) OR ASSRTD. COLD CEREALS | 11 PANCAKE SAUSAGE ON A STICK OR BAGEL SAND. CHOICES OR BAGEL CHOICES (PLAIN BAGEL, BLUEBERRY, CIN. RAISIN BAGEL) OR ASSRTD. COLD CEREALS |
| 14 | 15 | 16 | 17 | 18 |
| <div>  <p>-----SPRING RECESS-----</p>  </div> | | | | |
| 21 CHURROS OR BAGEL SAND. CHOICES OR BAGEL CHOICES (PLAIN BAGEL, BLUEBERRY, CIN. RAISIN BAGEL) OR ASSRTD. COLD CEREALS | 22 CINNAMON ROLL CHOICES OR BAGEL SAND. CHOICES OR BAGEL CHOICES (PLAIN, BLUEBERRY, CIN. RAISIN) OR ASSRTD. COLD CEREALS | 23 FRENCH TOAST STICKS OR BAGEL SAND. CHOICES OR BAGEL CHOICES (PLAIN, BLUEBERRY, CIN. RAISIN) OR ASSRTD. COLD CEREALS | 24 BREAKFAST WRAP OR BAGEL SAND. CHOICES OR BAGEL (PLAIN, BLUEBERRY, CIN. RAISAN) OR ASSRTD. CEREAL CHOICES CINNAMON TOAST | 25 BISCUITS & GRAVY OR BAGEL SAND. CHOICES OR BAGEL CHOICES (PLAIN, BLUEBERRY, CIN. RAISIN) OR ASSRTD. COLD CEREALS |
| 28 CHURROS OR BAGEL SAND. CHOICES OR BAGEL CHOICES (PLAIN BAGEL, BLUEBERRY, CIN. RAISIN BAGEL) OR ASSRTD. COLD CEREALS | 29 CINNAMON ROLL CHOICES OR BAGEL SAND. CHOICES OR BAGEL CHOICES (PLAIN, BLUEBERRY, CIN. RAISIN) OR ASSRTD. COLD CEREALS | 30 FRENCH TOAST STICKS 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