

ALL STUDENTS EAT AT NO COST!!

Gateway Unified School District

Adult Breakfast \$4.25  
Milk .50

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

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

SERVING FIVE STAR MEALS



Monday

Tuesday

Wednesday

Thursday

Friday

			1 BREAKFAST WRAP OR BAGEL SAND. CHOICES OR BAGEL (PLAIN, BLUEBERRY, CIN. RAISIN) OR ASSRTD. CEREAL CHOICES CINNAMON TOAST	2 BISCUITS & GRAVY OR BAGEL SAND. CHOICES OR BAGEL CHOICES (PLAIN, BLUEBERRY, CIN. RAISIN) OR ASSRTD. COLD CEREALS
5 CHURROS OR BAGEL SAND. CHOICES OR BAGEL CHOICES (PLAIN BAGEL, BLUEBERRY, CIN. RAISIN BAGEL) OR ASSRTD. COLD CEREALS	6 CINNAMON ROLL CHOICES OR BAGEL SAND. CHOICES OR BAGEL CHOICES (PLAIN, BLUEBERRY, CIN. RAISIN) OR ASSRTD. COLD CEREALS	7 FRENCH TOAST STICKS OR BAGEL SAND. CHOICES BAGEL CHOICES, (PLAIN, BLUEBERRY, CIN. RAISIN) OR ASSRTD. COLD CEREALS	8 BREAKFAST WRAP OR BAGEL SAND. CHOICES OR BAGEL (PLAIN, BLUEBERRY, CIN. RAISIN) OR ASSRTD. CEREAL CHOICES CINNAMON TOAST	9 BISCUITS & GRAVY OR BAGEL SAND. CHOICES OR BAGEL CHOICES (PLAIN, BLUEBERRY, CIN. RAISIN) OR ASSRTD. COLD CEREALS
12 CHURROS OR BAGEL SAND. CHOICES OR BAGEL CHOICES (PLAIN BAGEL, BLUEBERRY, CIN. RAISIN BAGEL) OR ASSRTD. COLD CEREALS	13 CINNAMON ROLL CHOICES OR BAGEL SAND. CHOICES OR BAGEL CHOICES (PLAIN, BLUEBERRY, CIN. RAISIN) OR ASSRTD. COLD CEREALS	14 FRENCH TOAST STICKS OR BAGEL SAND. CHOICES BAGEL CHOICES, (PLAIN, BLUEBERRY, CIN. RAISIN) OR ASSRTD. COLD CEREALS	15 EGGS TRAVAGANZA CINNAMON TOAST SLICE OR BAGEL SAND. CHOICES OR BAGEL CHOICES (PLAIN, BLUEBERRY, CIN. RAISIN) OR ASSRTD. COLD CEREALS	16 PANCAKE SAUSAGE ON A STICK OR BAGEL SAND. CHOICES OR BAGEL CHOICES (PLAIN BAGEL, BLUEBERRY, CIN. RAISIN BAGEL)
19 CHURROS OR BAGEL SAND. CHOICES OR BAGEL CHOICES (PLAIN BAGEL, BLUEBERRY, CIN. RAISIN BAGEL) OR ASSRTD. COLD CEREALS	20 CINNAMON ROLL CHOICES OR BAGEL SAND. CHOICES OR BAGEL CHOICES (PLAIN, BLUEBERRY, CIN. RAISIN) OR ASSRTD. COLD CEREALS	21 FRENCH TOAST STICKS OR BAGEL SAND. CHOICES BAGEL CHOICES, (PLAIN, BLUEBERRY, CIN. RAISIN) OR ASSRTD. COLD CEREALS	22 BREAKFAST WRAP OR BAGEL SAND. CHOICES OR BAGEL (PLAIN, BLUEBERRY, CIN. RAISIN) OR ASSRTD. CEREAL CHOICES CINNAMON TOAST	23 BISCUITS & GRAVY OR BAGEL SAND. CHOICES OR BAGEL CHOICES (PLAIN, BLUEBERRY, CIN. RAISIN) OR ASSRTD. COLD CEREALS
26 	27 CINNAMON ROLL CHOICES OR BAGEL SAND. CHOICES OR BAGEL CHOICES (PLAIN, BLUEBERRY, CIN. RAISIN) OR ASSRTD. COLD CEREALS	28 FRENCH TOAST STICKS OR BAGEL SAND. CHOICES BAGEL CHOICES, (PLAIN, BLUEBERRY, CIN. RAISIN) OR ASSRTD. COLD CEREALS	29 EGGS TRAVAGANZA CINNAMON TOAST SLICE OR BAGEL SAND. CHOICES OR BAGEL CHOICES (PLAIN, BLUEBERRY, CIN. RAISIN) OR ASSRTD. COLD CEREALS	30 BISCUITS & GRAVY OR BAGEL SAND. CHOICES OR BAGEL CHOICES (PLAIN, BLUEBERRY, CIN. RAISIN) OR ASSRTD. 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	