



Gateway
Great Food
Great Friends
Great Nutrition

MENU

Mountain Lakes High School Breakfast Menu

////////////////////
AUGUST
////////////////////

		11	Choice of: 1. HOMEMADE MUFFIN 2. YOGURT & TOAST 3. CEREAL & GRAHAM CRACKERS	12	Choice of: 1. EGG STRAVAGANZA & TOAST 2. BAGEL & CREAM CHEESE 3. CEREAL & GRAHAM CRACKERS
				13	Choice of: 1. YOGURT & TOAST 2. BAGEL & CREAM CHEESE 3. CEREAL & GRAHAM CRACKERS
Choice of: 1. BREAKFAST PIZZA 2. BAGEL & CREAM CHEESE 3. CEREAL & GRAHAM CRACKERS	17	Choice of: 1. SCRAMBLED EGGS & TOAST 2. BAGEL & CREAM CHEESE 3. CEREAL & GRAHAM CRACKERS	18	Choice of: 1. HOMEMADE MUFFIN 2. YOGURT & TOAST 3. CEREAL & GRAHAM CRACKERS	19
				20	Choice of: 1. BREAKFAST BURRITO 2. BAGEL & CREAM CHEESE 3. CEREAL & GRAHAM CRACKERS
Choice of: 1. PANCAKE & SAUSAGE SANDWICH 2. BAGEL & CREAM CHEESE 3. CEREAL & GRAHAM CRACKERS	24	Choice of: 1. OATMEAL 2. BAGEL & CREAM CHEESE 3. CEREAL & GRAHAM CRACKERS	25	Choice of: 1. HOMEMADE MUFFIN 2. YOGURT & TOAST 3. CEREAL & GRAHAM CRACKERS	26
				27	Choice of: 1. EGG STRAVAGANZA & TOAST 2. BAGEL & CREAM CHEESE 3. CEREAL & GRAHAM CRACKERS
Choice of: 1. BREAKFAST PIZZA 2. BAGEL & CREAM CHEESE 3. CEREAL & GRAHAM CRACKERS	31				

Choice of one entree per day.

All breakfasts are offered the following components:
1 Cup Milk, 1-2 Oz Grains, and 1 cup fruit.

Milk choices are 1% white or Fat Free Chocolate.

A variety of fruit and vegetables are offered each day.

Menu is subject to change
This institution is an equal opportunity provider

Student meals provided at no charge.

Adult Lunch \$5.75

Breakfast \$4.25

Happy birthday to everyone with a birthday in August!
Birthday treat comes with hot lunch only.

