



Gateway
Great Food
Great Friends
Great Nutrition

MENU

SEPTMBER

Mountain Lakes High School Breakfast Menu

	Choice of: 1. SCRAMBLED EGGS & TOAST 2. BAGEL & CREAM CHEESE 3. CEREAL & GRAHAM CRACKERS	Choice of: 1. HOMEMADE MUFFIN 2. YOGURT & TOAST 3. CEREAL & GRAHAM CRACKERS	Choice of: 1. BREAKFAST BURRITO 2. BAGEL & CREAM CHEESE 3. CEREAL & GRAHAM CRACKERS	Choice of: 1. FRUIT & YOGURT PARFAIT 2. BAGEL & CREAM CHEESE 3. CEREAL & GRAHAM CRACKERS
	Choice of: 1. OATMEAL 2. BAGEL & CREAM CHEESE 3. CEREAL & GRAHAM CRACKERS	Choice of: 1. HOMEMADE MUFFIN 2. YOGURT & TOAST 3. CEREAL & GRAHAM CRACKERS	Choice of: 1. EGG STRAVAGANZA & TOAST 2. BAGEL & CREAM CHEESE 3. CEREAL & GRAHAM CRACKERS	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	Choice of: 1. SCRAMBLED EGGS & TOAST 2. BAGEL & CREAM CHEESE 3. CEREAL & GRAHAM CRACKERS	Choice of: 1. HOMEMADE MUFFIN 2. YOGURT & TOAST 3. CEREAL & GRAHAM CRACKERS	Choice of: 1. BREAKFAST BURRITO 2. BAGEL & CREAM CHEESE 3. CEREAL & GRAHAM CRACKERS	Choice of: 1. FRUIT & YOGURT PARFAIT 2. BAGEL & CREAM CHEESE 3. CEREAL & GRAHAM CRACKERS
Choice of: 1. PANCAKE & SAUSAGE SANDWICH 2. BAGEL & CREAM CHEESE 3. CEREAL & GRAHAM CRACKERS	Choice of: 1. OATMEAL 2. BAGEL & CREAM CHEESE 3. CEREAL & GRAHAM CRACKERS	Choice of: 1. HOMEMADE MUFFIN 2. YOGURT & TOAST 3. CEREAL & GRAHAM CRACKERS	Choice of: 1. EGG STRAVAGANZA & TOAST 2. BAGEL & CREAM CHEESE 3. CEREAL & GRAHAM CRACKERS	Choice of: 1. YOGURT & TOAST 2. BAGEL & CREAM CHEESE 3. CEREAL & GRAHAM CRACKERS
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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
Adult breakfast \$4.25

