

**October 2017
Heart Of The Lakes
Breakfast Menu**



All meals include choice of
Chocolate Skim, 1% or Skim Milk

2 Pop Tart or Cold Cereal Cheese Stick Fruit Juice Milk	3 Breakfast Pizza Fruit Juice Milk	4 Pancake On A Stick Fruit Juice Milk	5 French Toast Sticks/Syrup Fruit Juice Milk	6 Dutch Waffle Syrup Fruit Juice Milk
9 Granola Bar or Cold Cereal Cheese Stick Fruit Juice Milk	10 Bagel Cream Cheese Fruit Juice Milk	11 Biscuit Sausage Patty Fruit Juice Milk	12 Mini Pancakes Syrup Fruit Juice Milk	13 Nutri-grain Bar Cheese Stick Fruit Juice Milk
16 Cereal Bar or Cold Cereal Cheese Stick Fruit Juice Milk	17 Sausage & Cheese Breakfast Sandwich Fruit/Juice Milk	18 Muffin Yogurt Fruit Juice Milk	19 MEA BREAK NO SCHOOL	20 MEA BREAK NO SCHOOL
23 MEA BREAK NO SCHOOL	24 Frudel Cheese Stick Fruit Juice Milk	25 French Toast Sticks/Syrup Fruit Juice Milk	26 Waffles Syrup Fruit Juice Milk	27 Donut Cheese Stick Fruit Juice Milk
30 Granola Bar or Cold Cereal Cheese Stick Fruit Juice Milk	31 Muffin Yogurt Fruit Juice Milk			

OFFER

Cold Cereal will be
offered daily

FYI

**MENUS
SUBJECT TO
CHANGE**

Nutrition Fact

Start your day
right with a
healthy
breakfast