

NOVEMBER 2017
Heart Of The Lakes
Breakfast Menu



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

		<p align="right">1</p> <p>Pancakes Sausage Link Fruit Juice Milk</p>	<p align="right">2</p> <p>Mini Bread Loaf Cheese Stick Fruit Juice Milk</p>	<p align="right">3</p> <p>Cinnamon Roll Fruit Juice Milk</p>
<p align="right">6</p> <p>Pop Tart or Cold Cereal Cheese Stick Fruit Juice Milk</p>	<p align="right">7</p> <p>Breakfast Pizza Fruit Juice Milk</p>	<p align="right">8</p> <p>Pancake On A Stick Fruit Juice Milk</p>	<p align="right">9</p> <p>French Toast Sticks/Syrup Fruit Juice Milk</p>	<p align="right">10</p> <p>Dutch Waffle Syrup Fruit Juice Milk</p>
<p align="right">13</p> <p>Granola Bar or Cold Cereal Cheese Stick Fruit Juice Milk</p>	<p align="right">14</p> <p>Cream Cheese Filled Mini Bagels Fruit Juice Milk</p>	<p align="right">15</p> <p>Biscuit Sausage Patty Fruit Juice Milk</p>	<p align="right">16</p> <p>Mini Pancakes Syrup Fruit Juice Milk</p>	<p align="right">17</p> <p>Nutri-grain Bar Cheese Stick Fruit Juice Milk</p>
<p align="right">20</p> <p>Cereal Bar or Cold Cereal Cheese Stick Fruit Juice Milk</p>	<p align="right">21</p> <p>Sausage & Cheese Breakfast Sandwich Fruit/Juice Milk</p>	<p align="right">22</p> <p>Muffin Yogurt Fruit Juice Milk</p>	<p align="center">THANKSGIVING BREAK</p>	<p align="center">THANKSGIVING BREAK</p>
<p align="center">TEACHER WORKSHOP</p>	<p>Frudel Cheese Stick Fruit Juice Milk</p>	<p>French Toast Sticks/Syrup Fruit Juice Milk</p>	<p>Waffles Syrup Fruit Juice Milk</p>	

OFFER

Cold Cereal will be
 offered daily

FYI

MENUS
SUBJECT TO
CHANGE

Nutrition Fact

Start your day
 right with a
 healthy
 breakfast