

**January 2018  
Heart Of The Lakes  
Breakfast Menu**



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

	2 <b>Fruitel Cheese Stick</b> Fruit Juice Milk	3 <b>French Toast Sticks/Syrup</b> Fruit Juice Milk	4 <b>Waffles Syrup</b> Fruit Juice Milk	5 <b>Donut Cheese Stick</b> Fruit Juice Milk
8 <b>Granola Bar or Cold Cereal Cheese Stick</b> Fruit Juice Milk	9 <b>Muffin Yogurt</b> Fruit Juice Milk	10 <b>Pancakes Sausage Link</b> Fruit Juice Milk	11 <b>Mini Bread Loaf Cheese Stick</b> Fruit Juice Milk	12 <b>Cinnamon Roll</b> Fruit Juice Milk
15 <b>NO SCHOOL</b>	16 <b>Breakfast Pizza</b> Fruit Juice Milk	17 <b>Pancake On A Stick</b> Fruit Juice Milk	18 <b>French Toast Sticks/Syrup</b> Fruit Juice Milk	19 <b>Dutch Waffle Syrup</b> Fruit Juice Milk
22 <b>Granola Bar or Cold Cereal Cheese Stick</b> Fruit Juice Milk	23 <b>Bagel Cream Cheese</b> Fruit Juice Milk	24 <b>Biscuit Sausage Patty</b> Fruit Juice Milk	25 <b>Mini Pancakes Syrup</b> Fruit Juice Milk	26 <b>Nutri-grain Bar Cheese Stick</b> Fruit Juice Milk
29 <b>Cereal Bar or Cold Cereal Cheese Stick</b> Fruit Juice Milk	30 <b>Sausage &amp; Cheese Breakfast Sandwich</b> Fruit/Juice Milk	31 <b>Muffin Yogurt</b> 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