

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



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

			<p align="right">1</p> <p>Mini Bread Loaf Cheese Stick Fruit Juice Milk</p>	<p align="right">2</p> <p>Cinnamon Roll Fruit Juice Milk</p>
<p align="right">5</p> <p>Cereal Bar or Cold Cereal Cheese Stick Fruit Juice Milk</p>	<p align="right">6</p> <p>Breakfast Pizza Fruit Juice Milk</p>	<p align="right">7</p> <p>Mini Bagel Bites Fruit Juice Milk</p>	<p align="right">8</p> <p>French Toast Sticks/Syrup Fruit Juice Milk</p>	<p align="right">9</p> <p>Mini Donuts Cheese Stick Fruit Juice Milk</p>
<p align="right">12</p> <p>Muffin or Cold Cereal Cheese Stick Fruit Juice Milk</p>	<p align="right">13</p> <p>Bagel Cream Cheese Fruit Juice Milk</p>	<p align="right">14</p> <p>Biscuit Sausage Patty Fruit Juice Milk</p>	<p align="right">15</p> <p>Mini Pancakes Syrup Fruit Juice Milk</p>	<p align="right">16</p> <p>Nutri-grain Bar Cheese Stick Fruit Juice Milk</p>
<p align="right">19</p> <p>Cereal Bar or Cold Cereal Cheese Stick Fruit Juice Milk</p>	<p align="right">20</p> <p>Sausage & Cheese Breakfast Sandwich Fruit/Juice Milk</p>	<p align="right">21</p> <p>Muffin Yogurt Fruit Juice Milk</p>	<p align="right">22</p> <p align="center">NO SCHOOL THANKSGIVING BREAK</p>	<p align="right">23</p> <p align="center">NO SCHOOL THANKSGIVING BREAK</p>
<p align="right">26</p> <p align="center">NO SCHOOL TEACHER WORKSHOP</p>	<p align="right">27</p> <p>Frudel Cheese Stick Fruit Juice Milk</p>	<p align="right">28</p> <p>Breakfast Pizza Fruit Juice Milk</p>	<p align="right">29</p> <p>Yogurt Parfait Fruit Juice Milk</p>	<p align="right">30</p> <p>Donut Cheese Stick 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