

**March 2019
Heart Of The Lakes
Breakfast Menu**



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

				PopTart Cheese Stick Fruit Juice Milk
Cereal Bar or Cold Cereal Cheese Stick Fruit Juice Milk	Sausage & Cheese Breakfast Sandwich Fruit/Juice Milk	Cheese Omelet Fruit Juice Milk	Breakfast Pizza Fruit Juice Milk	Oatmeal Breakfast Bar Cheese Stick Fruit Juice Milk
Muffin or Cold Cereal Cheese Stick Fruit Juice Milk	Frudel Cheese Stick Fruit Juice Milk	Breakfast Pizza Fruit Juice Milk	Yogurt Parfait Fruit Juice Milk	Donut Cheese Stick Fruit Juice Milk
Granola Bar or Cold Cereal Cheese Stick Fruit Juice Milk	Dutch Waffle Fruit Juice Milk	Pancake Sausage Wraps Fruit Juice Milk	Mini Bread Loaf Cheese Stick Fruit Juice Milk	NO SCHOOL TEACHER WORKSHOP
Cereal Bar or Cold Cereal Cheese Stick Fruit Juice Milk	Breakfast Pizza Fruit Juice Milk	Mini Bagel Bites Fruit Juice Milk	French Toast Sticks/Syrup Fruit Juice Milk	Cinnamon Roll 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