

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



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

<p align="right">2</p> <p><b>NO SCHOOL</b> <b>LABOR DAY</b></p>	<p align="right">3</p> <p><b>Bagel</b> <b>Cream Cheese</b> Fruit Juice Milk</p>	<p align="right">4</p> <p><b>Biscuit</b> <b>Sausage Patty</b> Fruit Juice Milk</p>	<p align="right">5</p> <p><b>Mini Pancakes</b> <b>Syrup</b> Fruit Juice Milk</p>	<p align="right">6</p> <p><b>Pop Tart</b> <b>Cheese Stick</b> Fruit Juice Milk</p>
<p align="right">9</p> <p><b>Oatmeal</b> <b>Breakfast Bar</b> <b>Cheese Stick</b> Fruit Juice Milk</p>	<p align="right">10</p> <p><b>Sausage &amp;</b> <b>Cheese</b> <b>Breakfast</b> <b>Sandwich</b> Fruit/Juice Milk</p>	<p align="right">11</p> <p><b>Waffles</b> <b>Syrup</b> Fruit Juice Milk</p>	<p align="right">12</p> <p><b>Breakfast Pizza</b> Fruit Juice Milk</p>	<p align="right">13</p> <p><b>Donut</b> <b>Cheese Stick</b> Fruit Juice Milk</p>
<p align="right">16</p> <p><b>Muffin</b> <b>Goldfish</b> Fruit Juice Milk</p>	<p align="right">17</p> <p><b>Cinni Minis</b> <b>Cheese Stick</b> Fruit Juice Milk</p>	<p align="right">18</p> <p><b>French Toast</b> <b>Sticks/Syrup</b> Fruit Juice Milk</p>	<p align="right">19</p> <p><b>Yogurt Parfait</b> Fruit Juice Milk</p>	<p align="right">20</p> <p><b>Mini Cream</b> <b>Cheese Filled</b> <b>Bagels</b> Fruit Juice Milk</p>
<p align="right">23</p> <p><b>Granola Bar</b> <b>Yogurt</b> Fruit Juice Milk</p>	<p align="right">24</p> <p><b>Dutch Waffle</b> Fruit Juice Milk</p>	<p align="right">25</p> <p><b>Pancake On A</b> <b>Stick</b> Fruit Juice Milk</p>	<p align="right">26</p> <p><b>Mini Bread</b> <b>Loaf</b> <b>Cheese Stick</b> Fruit Juice Milk</p>	<p align="right">27</p> <p><b>Cinnamon Roll</b> Fruit Juice Milk</p>
<p align="right">30</p> <p><b>Cereal Bar</b> <b>Cheese Stick</b> 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