



LAKE FOREST SCHOOL DISTRICT

2023-2024 CYCLE BREAKFAST MENU

CENTRAL

Monday	Tuesday	Wednesday	Thursday	Friday
Pancakes or Waffles	Cinnamon Bun or Breakfast Pizza	Piggle Stick or Donut	Muffins or Breakfast Sandwich	Honey Bun

Menu subject to change without notice

Breakfast
Consists of:

- 1-Entree Choice
- 2-Fruit/Juice Choices
- 1-Milk Choice

USDA
Regulation-Meal
must include a
vegetable OR a
fruit

*All Bread
products are
Whole Grain*

AVAILABLE DAILY:

- | | | |
|--|---|---|
| <u>ENTREE</u>
Cereal w/Graham Crackers
Yogurt w/ Graham Crackers
Bagel w/ Toppings
Pop Tart
Cereal Bars
Bagelers | <u>FRUIT</u>
Fresh/Cupped Fruit
Juice | <u>MILK</u>
1% or Skim White
Fat Free Chocolate |
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