



LAKE FOREST SCHOOL DISTRICT

2023 - 2024 BREAKFAST CYCLE MENU

EAST

Monday	Tuesday	Wednesday	Thursday	Friday
Pancakes or Waffles	Cinnamon Rolls or Breakfast Pizza	Piggle Stick or French Toast	Muffin or Breakfast Sandwich	Honey Bun

Menu subject to change without notice

AVAILABLE DAILY:

ENTREE

Cereal w/Graham Crackers
Yogurt w/Graham Crackers
Bagel w/toppings
Pop-Tart
Bagelers

FRUIT

Fresh/Cupped Fruit
Juice

MILK

1% or Skim White
Fat Free Chocolate

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*

