

Forest Lake Breakfast Menu September 2023

Meal Price:

Paid: \$2.75

Adult Breakfast Meal: \$2.78+tax

More Info...

Daily Milk Offerings: 1% White, Fat Free White, Fat Free Chocolate (all antibiotic & hormone free)



Daily Fruit Offerings: Apple, Orange, Banana, 100% Apple Juice or 100% Fruit Punch

Please Note: (WG) denotes whole grain, (P) denotes item may contain pork

Grades K-12 are offer vs serve and must choose at least 3, up to 4, of the below mentioned items. One of the items must be a fruit.

- Grain (all grain offerings count as 2 items)
- Fruit (must pick 1)
- Milk (pick up to 1)

**WELCOME BACK
TO SCHOOL**

 Indicates a fresh produce.
 Denotes item prepared from scratch or speed scratch.

**FREE LUNCH
WEEK!
SEPTEMBER
11th – 15th**


1

**No School
Summer Recess**


4

**No School
Summer Recess**


5

WG Cinnamon Donut
Fruit of the Day 
Milk of the Day

6

Turkey Sausage with
Pancake on a Stick
Assorted WG Pop Tarts
Fruit of the Day 
Milk of the Day


7

WG Chocolate or Grape
Filled Crescent
Assorted WG Muffins
Fruit of the Day 
Milk of the Day


8

WG Pull Apart Cinnamon
Roll
Assorted WG Cereal
Bowls or Bars
Fruit of the Day 
Milk of the Day


11

WG Mini Cinnamon or
Strawberry Creamy
Cheese Bagels
Assorted WG Cereal
Bowls or Bars
Fruit of the Day 
Milk of the Day


12

WG Cinnamon Donut
Fruit of the Day 
Milk of the Day

13

Turkey Sausage with
Pancake on a Stick
Assorted WG Pop Tarts
Fruit of the Day 
Milk of the Day


14

WG Chocolate or Grape
Filled Crescent
Assorted WG Muffins
Fruit of the Day 
Milk of the Day


15

WG Pull Apart Cinnamon
Roll
Assorted WG Cereal
Bowls or Bars
Fruit of the Day 
Milk of the Day


18

WG Mini Cinnamon or
Strawberry Creamy
Cheese Bagels
Assorted WG Cereal
Bowls or Bars
Fruit of the Day 
Milk of the Day


19

WG Cinnamon Donut
Fruit of the Day 
Milk of the Day

20

Turkey Sausage with
Pancake on a Stick
Assorted WG Pop Tarts
Fruit of the Day 
Milk of the Day

21

WG Chocolate or Grape
Filled Crescent
Assorted WG Muffins
Fruit of the Day 
Milk of the Day


22

WG Pull Apart Cinnamon
Roll
Assorted WG Cereal
Bowls or Bars
Fruit of the Day 
Milk of the Day


25

**No School
Yom Kippur**


26

WG Cinnamon Donut
Fruit of the Day 
Milk of the Day


27

Turkey Sausage with
Pancake on a Stick
Assorted WG Pop Tarts
Fruit of the Day 
Milk of the Day

28

WG Chocolate or Grape
Filled Crescent
Assorted WG Muffins
Fruit of the Day 
Milk of the Day

29

WG Pull Apart Cinnamon
Roll
Assorted WG Cereal
Bowls or Bars
Fruit of the Day 
Milk of the Day

