

Forest Lake Breakfast Menu November 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)



1

Assorted WG Muffins
Assorted WG Pop Tarts
Fruit of the Day 🍎
Milk of the Day

2

WG Assorted Muffins
Warm Cocoa Puff
Soft Filled Pastry Bar
Fruit of the Day 🍎
Milk of the Day

3

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

6

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

7

No School Election Day



8

Assorted WG Muffins
Assorted WG Pop Tarts
Fruit of the Day 🍎
Milk of the Day

9

WG Assorted Muffins
Warm Cocoa Puff Soft Filled Pastry Bar
Fruit of the Day 🍎
Milk of the Day

10

No School Veterans Day



13

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

14

WG Cinnamon Donut
Fruit of the Day 🍎
Milk of the Day

15

Assorted WG Muffins
Assorted WG Pop Tarts
Fruit of the Day 🍎
Milk of the Day

16

WG Assorted Muffins
Warm Cocoa Puff Soft Filled Pastry Bar
Fruit of the Day 🍎
Milk of the Day

17

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

20

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

21

WG Cinnamon Donut
Fruit of the Day 🍎
Milk of the Day

22

Assorted WG Muffins
Assorted WG Pop Tarts
Fruit of the Day 🍎
Milk of the Day

23

No School Thanksgiving Recess



24

No School Thanksgiving Recess



27

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

28

WG Cinnamon Donut
Fruit of the Day 🍎
Milk of the Day

29

Assorted WG Muffins
Assorted WG Pop Tarts
Fruit of the Day 🍎
Milk of the Day

30

WG Assorted Muffins
Warm Cocoa Puff Soft Filled Pastry Bar
Fruit of the Day 🍎
Milk of the Day

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

