

Forest Lake Breakfast Menu October 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)

2

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

3

WG Cinnamon Donut
Fruit of the Day
Milk of the Day

4

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

5

WG Chocolate or Grape Filled Crescent
Warm Cocoa Puff
Soft Filled Pastry Bar
Fruit of the Day
Milk of the Day

6

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

9

No School Columbus Day

10

WG Cinnamon Donut
Fruit of the Day
Milk of the Day

11

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

12

WG Chocolate or Grape Filled Crescent
Warm Cocoa Puff Soft Filled Pastry Bar
Fruit of the Day
Milk of the Day

13

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

16

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

17

WG Cinnamon Donut
Fruit of the Day
Milk of the Day

18

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

19

WG Chocolate or Grape Filled Crescent
Warm Cocoa Puff Soft Filled Pastry Bar
Fruit of the Day
Milk of the Day

20

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

23

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

24

WG Cinnamon Donut
Fruit of the Day
Milk of the Day

25

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

26

WG Chocolate or Grape Filled Crescent
Warm Cocoa Puff Soft Filled Pastry Bar
Fruit of the Day
Milk of the Day

27

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

30



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

31

WG Cinnamon Donut
Fruit of the Day
Milk of the Day

National Apple Month



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

