



# Healthier Lake Mills Menus – 6-WEEK CYCLE BREAKFAST MENU



| MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY   |
|---|---|---|--|--|
| <p><b>Sept.25th</b></p> <p>Cereal<br/>Toast</p> <p>Juice Choice<br/>Milk Choice</p>             | <p><b>Sept.26th</b></p> <p>Breakfast Bar<br/>Fruit</p> <p>Juice Choice<br/>Milk Choice</p>    | <p><b>Sept.27th</b></p> <p>Cereal<br/>Toast</p> <p>Juice Choice<br/>Milk Choice</p> | <p><b>Sept.28th</b></p> <p>Breakfast Pizza<br/>Fruit</p> <p>Juice Choice<br/>Milk Choice</p> | <p><b>Sept.29th</b></p> <p>Scrambled Eggs<br/>Cream Cheese<br/>Stuffed Bagel</p> <p>Juice Choice<br/>Milk Choice</p> |
| <p><b>Oct.2nd</b></p> <p>Cereal<br/>Toast</p> <p>Juice Choice<br/>Milk Choice</p>               | <p><b>Oct.3rd</b></p> <p>Egg/Cheese Biscuit<br/>Fruit</p> <p>Juice Choice<br/>Milk Choice</p> | <p><b>Oct.4th</b></p> <p>Cereal<br/>Toast</p> <p>Juice Choice<br/>Milk Choice</p>   | <p><b>Oct.5th</b></p> <p>Oatmeal<br/>Yogurt</p> <p>Juice Choice<br/>Milk Choice</p>          | <p><b>Oct.6th</b></p> <p>Egg/Cheese Omelet<br/><b>Muffin</b></p> <p>Juice Choice<br/>Milk Choice</p>                 |
| <p><b>Oct.9th</b></p> <p><b>Cereal<br/>Toast</b></p> <p><b>Juice Choice<br/>Milk Choice</b></p> | <p><b>Oct.10th</b></p> <p>Breakfast Bar<br/>Fruit</p> <p>Juice Choice<br/>Milk Choice</p>     | <p><b>Oct.11th</b></p> <p>Cereal<br/>Toast</p> <p>Juice Choice<br/>Milk Choice</p>  | <p><b>Oct.12th</b></p> <p>Waffles<br/>Sausage</p> <p>Juice Choice<br/>Milk Choice</p>        | <p><b>Oct.13th</b></p> <p>Breakfast Combo Link<br/>Fruit and Grain Bar</p> <p>Juice Choice<br/>Milk Choice</p>       |

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| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY  |
|--|--|--|---|---|
| <p><b>Oct.16th</b></p> <p>Cereal<br/>Toast</p> <p>Juice Choice<br/>Milk Choice</p>               | <p><b>Oct.17th</b></p> <p>Breakfast Pizza<br/>Fruit</p> <p>Juice Choice<br/>Milk Choice</p>    | <p><b>Oct.18th</b></p> <p>Cereal<br/>Toast</p> <p>Juice Choice<br/>Milk Choice</p> | <p><b>Oct.19th</b></p> <p>Pancakes<br/>Sausage</p> <p>Juice Choice<br/>Milk Choice</p>    | <p><b>Oct.20th</b></p> <p>Scrambled Eggs<br/>Cream Cheese<br/>Stuffed Bagel</p> <p>Juice Choice<br/>Milk Choice</p> |
| <p><b>Oct.23rd</b></p> <p><b>Cereal<br/>Toast</b></p> <p><b>Juice Choice<br/>Milk Choice</b></p> | <p><b>Oct.24th</b></p> <p>Egg/Cheese Biscuit<br/>Fruit</p> <p>Juice Choice<br/>Milk Choice</p> | <p><b>Oct.25th</b></p> <p>Cereal<br/>Toast</p> <p>Juice Choice<br/>Milk Choice</p> | <p><b>Oct.26th</b></p> <p>Breakfast Bar<br/>Fruit</p> <p>Juice Choice<br/>Milk Choice</p> | <p><b>Oct.27th</b></p> <p>Egg/Cheese Omelet<br/>Fruit and Grain Bar</p> <p>Juice Choice<br/>Milk Choice</p>         |
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