



# LAKE FOREST SCHOOL DISTRICT

## 2023- 2024 CYCLE BREAKFAST MENU

### HIGH SCHOOL



*This institution is an equal opportunity provider*

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Hot Breakfast Sandwich</b>  <b>Honey Bun</b>	<b>Piggle Sticks</b>  <b>Cinnamon Roll</b>	<b>Hot Breakfast Sandwich</b>  <b>Breakfast Bar</b>	<b>Peanut Butter &amp; Jelly</b>  <b>Pancakes</b>	<b>Chocolate Donut</b>  <b>Muffin</b>

#### AVAILABLE DAILY:

##### ENTREE

Cereal (2-oz)  
Pop Tart  
Cereal Bar

##### 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*

"I'll eat some  
breakfast,  
then change  
the world"



**MEAL PRICES:** *Cash Only*

STUDENTS: NO COST

ADULTS:

Breakfast: \$3.05

Lunch: \$4.75

*Menu subject to change without notice*