



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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
May 1st <b>WG Cereal</b> <b>WG Toast</b> <b>Fruit</b> <b>100% Apple Juice</b> <b>100% Orange Juice</b> <b>Skim White Milk</b> <b>Chocolate Skim Milk</b>	May 2nd <b>WG Pancake on a stick</b> <b>Fruit</b> <b>100% Apple Juice</b> <b>100% Orange Juice</b> <b>Skim White Milk</b> <b>Chocolate Skim Milk</b>	May 3rd <b>WG Cereal</b> <b>WG Donut</b> <b>Fruit</b> <b>100% Apple Juice</b> <b>100% Orange Juice</b> <b>Skim White Milk</b> <b>Chocolate Skim Milk</b>	May 4th <b>WG Cream Cheese Bagel Bites</b> <b>Fruit</b> <b>100% Apple Juice</b> <b>100% Orange Juice</b> <b>Skim White Milk</b> <b>Chocolate Skim Milk</b>	May 5 <sup>th</sup> <b>Breakfast Combo Link</b> <b>Whole Grain Muffin</b> <b>Fruit</b> <b>100% Apple Juice</b> <b>100% Orange Juice</b> <b>Skim White Milk</b> <b>Chocolate Skim Milk</b>
May 8th <b>WG Cereal</b> <b>WG Toast</b> <b>Fruit</b> <b>100% Apple Juice</b> <b>100% Orange Juice</b> <b>Skim White Milk</b> <b>Chocolate Skim Milk</b>	May 9th <b>WG Breakfast Combo Bar</b> <b>Yogurt</b> <b>Fruit</b> <b>100% Apple Juice</b> <b>100% Orange Juice</b> <b>Skim White Milk</b> <b>Chocolate Skim Milk</b>	May 10th <b>WG Cereal</b> <b>WG Uncrustable</b> <b>Fruit</b> <b>100% Apple Juice</b> <b>100% Orange Juice</b> <b>Skim White Milk</b> <b>Chocolate Skim Milk</b>	May 11th <b>Whole Grain Cinnamon Swirl Cake</b> <b>Fruit</b> <b>100% Apple Juice</b> <b>100% Orange Juice</b> <b>Skim White Milk</b> <b>Chocolate Skim Milk</b>	May 12th <b>Egg/Cheese Omelet</b> <b>Whole Grain Muffin</b> <b>Fruit</b> <b>100% Apple Juice</b> <b>100% Orange Juice</b> <b>Skim White Milk</b> <b>Chocolate Skim Milk</b>
May 15th <b>WG Cereal</b> <b>WG Toast</b> <b>Fruit</b> <b>100% Apple Juice</b> <b>100% Orange Juice</b> <b>Skim White Milk</b> <b>Chocolate Skim Milk</b>	May 16th <b>WG Mini Waffles</b> <b>Sausage Patty</b> <b>Fruit</b> <b>100% Apple Juice</b> <b>100% Orange Juice</b> <b>Skim White Milk</b> <b>Chocolate Skim Milk</b>	May 17th <b>WG Cereal</b> <b>WG Donut</b> <b>Fruit</b> <b>100% Apple Juice</b> <b>100% Orange Juice</b> <b>Skim White Milk</b> <b>Chocolate Skim Milk</b>	May 18th <b>Cheddar Cheese Potato Breakfast Bake</b> <b>Muffin</b> <b>Fruit</b> <b>100% Apple Juice</b> <b>100% Orange Juice</b> <b>Skim White Milk</b> <b>Chocolate Skim Milk</b>	May 19th <b>Breakfast Combo Link</b> <b>Whole Grain Muffin</b> <b>Fruit</b> <b>100% Apple Juice</b> <b>100% Orange Juice</b> <b>Skim White Milk</b> <b>Chocolate Skim Milk</b>

\*USDA is an equal opportunity provider and employer.



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>May 22nd</b> <b>WG Cereal</b> <b>WG Donut</b> <b>Fruit</b> <b>100% Apple Juice</b> <b>100% Orange Juice</b> <b>Skim White Milk</b> <b>Chocolate Skim Milk</b>	<b>May 23rd</b> <b>W/GEgg &amp; Cheese Biscuit</b> <b>Fruit</b> <b>100% Apple Juice</b> <b>100% Orange Juice</b> <b>Skim White Milk</b> <b>Chocolate Skim Milk</b>	<b>May 24th</b> <b>WG Cereal</b> <b>WG Toast</b> <b>Fruit</b> <b>100% Apple Juice</b> <b>100% Orange Juice</b> <b>Skim White Milk</b> <b>Chocolate Skim Milk</b>	<b>May 25th</b> <b>WG Breakfast Pizza</b> <b>Fruit</b> <b>100% Apple Juice</b> <b>100% Orange Juice</b> <b>Skim White Milk</b> <b>Chocolate Skim Milk</b>	<b>May 26th</b> <b>WG Granola Bar</b> <b>Yogurt</b> <b>Fruit</b> <b>100% Apple Juice</b> <b>100% Orange Juice</b> <b>Skim White Milk</b> <b>Chocolate Skim Milk</b>
<b>May 29<sup>th</sup></b> <b>No School</b>	<b>May 30<sup>th</sup></b> <b>WG Pancake on a stick</b> <b>Fruit</b> <b>100% Apple Juice</b> <b>100% Orange Juice</b> <b>Skim White Milk</b> <b>Chocolate Skim Milk</b>	<b>May 31<sup>st</sup></b> <b>WG Cereal</b> <b>WG Donut</b> <b>Fruit</b> <b>100% Apple Juice</b> <b>100% Orange Juice</b> <b>Skim White Milk</b> <b>Chocolate Skim Milk</b>		

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