



LAKER
Breakfast Club
November
2018
K-5



MONDAY

GRAINS: Choose 1

Toast(14g)/Scrambled Eggs(3g)

Hash Browns (23g)

OR

Toast(14g)/Yogurt (16g)

***Grape Jelly (9g)**

OR

Cereal: *may add toast

- **TRIX (24g)**
- **Frosted Flakes/RS (24g)**
- **Cocoa Puffs (25)**
- **Cheerios (20)**

FRUIT: Choose 1 or 2

Orange Juice (13g)

Apple (25g)

Banana (27g)

Got MILK? Choose 1

WHITE 1% (11g)

Chocolate, Fat Free (24g)

Strawberry, Fat Free (22g)

Grab N Go

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TUESDAY

GRAINS: Choose 1

Chicken & Waffle Bites (8g) Syrup (31g)

OR

Toast (14g) /Yogurt (16g)

***Grape Jelly (9g)**

OR

Cereal: *may add toast

- **TRIX(24g)**
- **Frosted Flakes/RS (24g)**
- **Cocoa Puffs (25g)**
- **Cheerios (20)**

FRUIT: Choose 1 or 2

Orange Juice (13g)

Apple (25g)

Banana (27g)

Got MILK? Choose 1

WHITE 1% (11g)

Chocolate, Fat Free (24g)

Strawberry, Fat Free (22g)

Grab N Go

WEDNESDAY

GRAINS: Choose 1

Breakfast Pizza(27g)

OR

Toast (14g)/Yogurt(16g)

***Grape Jelly (9g)**

OR

Cereal: *may add toast

- **TRIX (24g)**
- **Frosted Flakes/RS (24g)**
- **Cocoa Puffs (25g)**
- **Cheerios (20)**

FRUIT: Choose 1 or 2

Orange Juice (13g)

Apple (25g)

Banana (27g)

Got MILK? Choose 1

WHITE 1% (11g)

Chocolate, Fat Free (24g)

Strawberry, Fat Free (22g)

Grab n Go

THURSDAY

GRAINS: Choose 1

Pancake & Sausage on a Stick (18)

Syrup (31g)

OR

Toast (14g)/Yogurt (16g)

***Grape Jelly (9g)**

OR

Cereal: *may add toast

- **TRIX (24g)**
- **Frosted Flakes/RS (24g)**
- **Cocoa Puffs(25g)**
- **Cheerios (20)**

Fruit: Choose 1 or 2

Orange Juice (13g)

Apple (25g)

Banana (27g)

Got MILK? Choose 1

WHITE 1% (11g)

Chocolate, Fat Free (24g)

Strawberry, Fat Free(22g)

Grab N Go

FRIDAY

GRAINS: Choose 1

Sausage-Gravy-Biscuit Fundal (26g) OR

Toast (14g)/Yogurt (16g)

***Grape Jelly (9g)**

OR

Cereal: *may add toast

- **TRIX (24g)**
- **Frosted Flakes/RS(24g)**
- **Cocoa Puffs (25g)**
- **Cheerios (20)**

Fruit: Choose 1 or 2

Orange Juice (13g)

Apple (25g)

Banana (27g)

Got MILK? Choose 1

WHITE 1% (11g)

Chocolate, Fat Free (24g)

Strawberry, Fat Free (22g)

Grab n Go

