



SEPTEMBER 2023

LAKE OF THE WOODS

Monday

Tuesday

Wednesday

Thursday

Friday



1
A GOOD BREAKFAST
FUELS YOU UP
AND GETS YOU READY
FOR THE DAY.



4
LABOR DAY

5
BREAKFAST ROUND
FRUIT / JUICE / MILK

6
GOGURT
CEREAL
FRUIT / JUICE / MILK

7
FRENCH TOAST STICKS
FRUIT / JUICE / MILK
MILK

8
MINI CREAM CHEESE BAGEL
FRUIT / JUICE / MILK



11
CEREAL
CHEESE STICK
FRUIT / JUICE / MILK

12
BREAKFAST BITES
FRUIT / JUICE / MILK

13
MINI BLUEBERRY WAFFLE
FRUIT / JUICE / MILK

14
CEREAL
CINNAMON BUG BITES
FRUIT / JUICE / MILK

15
BISCUIT
EGG & SAUSAGE PATTY
FRUIT / JUICE / MILK



18
APPLE FRUDEL
FRUIT / JUICE / MILK

19
CHEERIOS CEREAL BAR
FRUIT / JUICE / MILK

20
BREAKFAST ON A STICK
FRUIT / JUICE / MILK

21
CEREAL
POP TART
FRUIT / JUICE / MILK

22
DUTCH WAFFLE
FRUIT / JUICE / MILK



25
CEREAL
YOGURT
FRUIT / JUICE / MILK

26
SCRAMBLED EGGS
BLUEBERRY MUFFIN
FRUIT / JUICE / MILK

27
GRANOLA BAR
FRUIT / JUICE / MILK

28
MINI CINNI
FRUIT / JUICE / MILK

29
UNCRUSTABLE
FRUIT / JUICE / MILK

