

# February 2018

# Breakfast



## Muroc JUSD K-12 Breakfast

BRKFST K-12

Monday	Tuesday	Wednesday	Thursday	Friday
	*Choice of Cereal *Menus are "Nut Free"		<b>BEEF SAUSAGE SLIDER</b> ^ Fresh Orange* Blended Fruit Juice	<b>FROSTED CORN FLAKES</b> ^ Graham Crackers ^ Fresh Apple*
<b>CINNAMON CHEX</b> ^ Strawberry Pancake Square Craisins Grape Juice	<b>TURKEY HAM &amp; CHEESE ON ENGLISH MUFFIN</b> ^ Diced Pears Orange Juice	<b>TRIX</b> ^ Graham Crackers ^ Fresh Apple*	<b>PANCAKES</b> ^ Fresh Banana Apple Cherry Juice Syrup	<b>String Cheese</b> Pumpkin Loaf ^ Fresh Apple*
<b>COCOA PUFFS</b> ^ Graham Crackers ^ Craisins Orange Juice	<b>MAPLE BROWN SUGAR OATMEAL</b> ^ Banana Muffin ^ Grape Juice Diced Pears	<b>String Cheese</b> Lemon Mini Loaf ^ Fresh Apple*	<b>FRENCH TOAST STICKS</b> ^ Syrup Fresh Orange* Mixed Fruit Cup	
<b>CINNAMON TOAST CRUNCH</b> ^ Vanilla Waffle Square Craisins Applesauce Cup	<b>VANILLA YOGURT</b> Granola Fresh Apple*	<b>STRAWBERRY PANCAKES</b> ^ Fresh Banana Orange Juice	<b>FRUITY CHEERIOS</b> ^ Graham Crackers ^ Fresh Apple*	
<b>RASPBERRY YOGURT</b> Granola Craisins Apple Cherry Juice	<b>WAFFLES</b> ^ Mixed Fruit Cup Orange Juice Syrup	<b>RICE CHEX</b> ^ Blueberry Muffin ^ Fresh Apple*		

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK. \*\* MENU SUBJECT TO CHANGE \*\*

^ Denotes item is whole-grain/whole wheat

Healthy!

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