

# January 2018



## Breakfast



### Muroc JUSD K-12 Breakfast

BR - BRKFST K-12

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
	*Choice of Cereal *Menus are "Nut Free"			
8	9	10	11	12
<b>CINNAMON CHEX ^</b> Strawberry Pancake Square Strawberry Craisins Orange Juice	<b>TURKEY HAM &amp; CHEESE ON ENGLISH MUFFIN ^</b> Diced Pears Grape Juice	<b>TRIX ^</b> Graham Crackers ^ Fresh Apple*	<b>FRENCH TOAST STICKS ^</b> Fresh Banana Apple Cherry Juice Syrup	<b>String Cheese</b> Pumpkin Loaf ^ Fresh Apple*
15	16	17	18	19
	<b>COCOA PUFFS ^</b> Graham Crackers ^ Strawberry Craisins Blended Fruit Juice	<b>String Cheese</b> Lemon Mini Loaf ^ Fresh Apple*	<b>MAPLE BROWN SUGAR OATMEAL ^</b> Banana Muffin ^ Fresh Orange* Mixed Fruit Cup	<b>MULTI GRAIN CHEERIOS</b> Maple Breakfast Square ^ Fresh Apple*
22	23	24	25	26
<b>CINNAMON TOAST CRUNCH ^</b> Vanilla Waffle Square Strawberry Craisins Blended Fruit Juice	<b>CHICKEN BISCUIT ^</b> Diced Pears Grape Juice	<b>VANILLA YOGURT</b> Granola Fresh Apple*	<b>STRAWBERRY PANCAKES ^</b> Fresh Banana Orange Juice	<b>FRUITY CHEERIOS ^</b> Graham Crackers ^ Fresh Apple*
29	30	31		
<b>RASPBERRY YOGURT</b> Granola Strawberry Craisins Apple Cherry Juice	<b>WAFFLES ^</b> Pineapple Tidbits 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

Yum!

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