

Muroc JUSD K-12 Breakfast

BR - BRKFST K-12

Monday	Tuesday	Wednesday	Thursday	Friday
*Choice of Cereal *Menus are "Nut Free"	TURKEY HAM & CHEESE ON ENGLISH MUFFIN ^ Pineapple Tidbits Blended Fruit Juice	CINNAMON TOAST CRUNCH ^ Graham Crackers ^ Fresh Apple*	PANCAKES ^ Fresh Orange* Apple Cherry Juice Syrup	STRAWBERRY BANANA YOGURT Granola ^ Fresh Apple*
GOLDEN GRAHAM CEREAL ^ French Toast Breakfast Square ^ Cherry Craisins Blended Fruit Juice	8 FRENCH TOAST STICKS ^ Orange Juice Diced Pears Syrup	9 STRING CHEESE Tropical Mini Loaf ^ Fresh Apple*	BREAKFAST BURRITO ^ Fresh Banana Diced Peaches	APPLE CINNAMON CHEERIOS ^ Maple Breakfast Square ^ Fresh Apple*
TRIX ^ Strawberry Pancake Square ^ Cherry Craisins Blended Fruit Juice	15 EGG & CHEESE BAGEL ^ Mixed Fruit Cup Orange Juice	16 RASPBERRY YOGURT Granola ^ Fresh Apple*	STRAWBERRY PANCAKES ^ Fresh Banana Grape Juice	CORN CHEX ^ Vanilla Waffle Square ^ Fresh Apple*
COCOA PUFFS ^ Graham Crackers ^ Cherry Craisins Apple Cherry Juice	WAFFLES ^ Diced Pears Blended Fruit Juice Syrup	CINNAMON CHEX ^ Maple Breakfast Square ^ Fresh Apple*	CHICKEN BISCUIT ^ Fresh Banana Orange Juice	25 STRING CHEESE Peach Mini Loaf ^ Fresh Apple*
28	TRIX ^ Animal Grahams ^ Cherry Craisins Grape Juice	30 CINNAMON TOAST CRUNCH ^ Graham Crackers ^ Fresh Apple*	PANCAKES ^ Fresh Orange* Apple Cherry Juice Syrup	

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

