



Muroc JUSD K-12 Breakfast

BR - BRKFST K-12

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p><b>APPLE CINNAMON CHEERIOS ^</b> Vanilla Waffle Square Craisins Grape Juice</p>	<p>2</p> <p><b>BEEF SAUSAGE ON A BISCUIT</b> Mixed Fruit Cup Blended Fruit Juice</p>	<p>3</p> <p><b>VANILLA YOGURT</b> Granola ^ Fresh Apple*</p>	<p>4</p> <p><b>MAPLE PANCAKES</b> Fresh Banana* Orange Juice</p>	<p>5</p> <p><b>CINNAMON TOAST CRUNCH ^</b> Animal Grahams Fresh Apple*</p>
<p>8</p>	<p>9</p> <p><b>STRAWBERRY BANANA YOGURT</b> Granola ^ Craisins Apple Cherry Juice</p>	<p>10</p> <p><b>FROSTED CORN FLAKES ^</b> Graham Crackers Fresh Apple*</p>	<p>11</p> <p><b>EGG &amp; CHEESE BAGEL</b> Fresh Pear* Blended Fruit Juice</p>	<p>12</p> <p><b>CINNAMON CHEX</b> Cherry Breakfast Bar ^ Fresh Apple*</p>
<p>15</p> <p><b>GOLDEN GRAHAM CEREAL</b> Strawberry Pancake Square Craisins Orange Juice</p>	<p>16</p> <p><b>SCRAMBLED EGGS</b> English Muffin Diced Pears Grape Juice</p>	<p>17</p> <p><b>COCOA PUFFS ^</b> Vanilla Waffle Square Fresh Apple*</p>	<p>18</p> <p><b>FRENCH TOAST STICKS</b> Fresh Banana* Apple Cherry Juice Syrup</p>	<p>19</p> <p><b>String Cheese</b> Blueberry Muffin Fresh Apple*</p>
<p>22</p> <p><b>RICE CHEX ^</b> Maple Breakfast Square Craisins Apple Cherry Juice</p>	<p>23</p> <p><b>WHOLE GRAIN PANCAKES</b> Orange Juice Cinnamon Applesauce Syrup</p>	<p>24</p> <p><b>String Cheese</b> Tropical Mini Loaf Fresh Apple*</p>	<p>25</p> <p><b>BREAKFAST BURRITO</b> Blended Fruit Juice Mixed Fruit Cup</p>	<p>26</p> <p><b>MULTI GRAIN CHEERIOS^</b> French Toast Breakfast Square Fresh Apple*</p>
<p>29</p> <p><b>APPLE CINNAMON CHEERIOS ^</b> Vanilla Waffle Square Craisins Grape Juice</p>	<p>30</p> <p><b>BEEF SAUSAGE ON A BISCUIT</b> Diced Pears Orange Juice</p>	<p>31</p> <p><b>RASPBERRY YOGURT</b> Granola ^ Fresh Apple*</p>		<p>*Choice of Cereal *Menus are "NutFree"</p>

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