



Muroc JUSD K-12 Breakfast

BR - BRKFST K-12

Monday	Tuesday	Wednesday	Thursday	Friday
3 STRAWBERRY BANANA YOGURT Granola ^ Craisins Apple Juice	4 EGG & CHEESE BAGEL ^ Pineapple Tidbits Orange-Tangerine Juice	5 FROSTED CORN FLAKES ^ Graham Crackers ^ Fresh Apple*	6 WAFFLES ^ Fresh Pear* Fruit Punch Juice Syrup	7 CINNAMON CHEX ^ Cherry Breakfast Bar ^ Fresh Apple*
10 GOLDEN GRAHAM CEREAL ^ Strawberry Pancake Square ^ Craisins Orange-Tangerine Juice	11 FRENCH TOAST STICKS ^ Applesauce Cup Grape Juice Syrup	12 COCOA PUFFS ^ Vanilla Waffle Square ^ Fresh Apple*	13 SCRAMBLED EGGS ENGLISH MUFFIN ^ Fresh Banana Fruit Punch Juice	14 String Cheese Blueberry Muffin ^ Fresh Apple*
17 CINNAMON TOAST CRUNCH ^ Maple Breakfast Square ^ Craisins Apple Juice	18 CHICKEN BISCUIT ^ Orange-Tangerine Juice Diced Peaches	19 String Cheese Banana Muffin ^ Fresh Apple*	20	21
24	25	26 *Choice of Cereal *Menus are "Nut Free"	27	28
31				

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



The U.S. Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all program and/or employment activities.) If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at http://www.nscrc.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (866)632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington D.C. 20250-9410, by fax (202)690-7442 or email program.intake@usda.gov. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800)877-8339 or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.

