



Muroc JUSD K-12 Breakfast

BR - BRKFST K-12

Monday	Tuesday	Wednesday	Thursday	Friday
*Choice of Cereal *Menus are "Nut Free"	1	2	3	4
7 MULTI GRAIN CHEERIOS ^ Maple Breakfast Square ^ Craisins Orange-Tangerine Juice	8 TURKEY HAM & CHEESE ON ENGLISH MUFFIN ^ Diced Peaches Grape Juice	9 COCOA PUFFS ^ Animal Grahams ^ Diced Pears Apple Juice	10 STRAWBERRY PANCAKES ^ Pineapple Tidbits Fruit Punch Juice	11 PLAIN BAGEL ^ Applesauce Cup Orange-Tangerine Juice
14 RASPBERRY YOGURT Granola ^ Craisins Fruit Punch Juice	15 FRENCH TOAST STICKS ^ Diced Pears Apple Juice Syrup	16 String Cheese Lemon Mini Loaf ^ Fresh Apple*	17 BEEF SAUSAGE SLIDER ^ Fresh Banana Grape Juice	18 CINNAMON TOAST CRUNCH ^ Strawberry Pancake Square ^ Fresh Apple*
21	22 GOLDEN GRAHAM CEREAL ^ Vanilla Waffle Square ^ Craisins Orange-Tangerine Juice	23 Pumpkin Loaf ^ String Cheese Fresh Apple*	24 CHICKEN BISCUIT ^ Craisins Fresh Orange*	25 VANILLA YOGURT Blueberry Muffin ^ Fresh Apple*
28 String Cheese Corn Muffin ^ Diced Pears Craisins	29 WAFFLES ^ Pineapple Tidbits Orange-Tangerine Juice Syrup	30 FRUITY CHEERIOS ^ Animal Grahams ^ Fresh Apple*	31 EGG & CHEESE BAGEL ^ Fresh Banana Grape Juice	

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



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