

SEPTEMBER

Breakfast



Muroc JUSD K-12 Breakfast

BR - BRKFST K-12

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>*Choice of Cereal</p> <p>*Menus are "Nut Free"</p>	<p>3</p> <p>CHEESE OMELET Sliced Bread ^ Fruit Punch Juice Diced Pears</p>	<p>4</p> <p>FROSTED CORN FLAKES ^ Vanilla Waffle Square ^ Fresh Apple*</p>	<p>5</p> <p>FRENCH TOAST STICKS ^ Fresh Banana Orange-Tangerine Juice Syrup</p>	<p>6</p> <p>PEACH MINI LOAF ^ String Cheese Fresh Apple*</p>
<p>9</p> <p>GOLDEN GRAHAM CEREAL ^ French Toast Breakfast Square ^ Craisins Fruit Punch Juice</p>	<p>10</p> <p>PANCAKES ^ Orange-Tangerine Juice Diced Peaches Syrup</p>	<p>11</p> <p>String Cheese Chocolate Chip Mini Loaf ^ Fresh Apple*</p>	<p>12</p> <p>BREAKFAST BURRITO ^ Fresh Banana Applesauce Cup</p>	<p>13</p> <p>APPLE CINNAMON CHEERIOS ^ Maple Breakfast Square ^ Fresh Apple*</p>
<p>16</p> <p>TRIX ^ Strawberry Pancake Square ^ Craisins Grape Juice</p>	<p>17</p> <p>CHICKEN BISCUIT ^ Mixed Fruit Cup Fruit Punch Juice</p>	<p>18</p> <p>BLUEBERRY MUFFIN ^ String Cheese Fresh Apple*</p>	<p>19</p> <p>WAFFLES ^ Fresh Banana Orange-Tangerine Juice</p>	<p>20</p> <p>CORN CHEX ^ Vanilla Waffle Square ^ Fresh Apple*</p>
<p>23</p> <p>COCOA PUFFS ^ Graham Crackers ^ Craisins Orange-Tangerine Juice</p>	<p>24</p> <p>STRAWBERRY PANCAKES ^ Diced Pears Apple Juice Syrup</p>	<p>25</p> <p>CINNAMON CHEX ^ Maple Breakfast Square ^ Fresh Apple*</p>	<p>26</p> <p>TURKEY HAM & CHEESE ON ENGLISH MUFFIN ^ Fresh Banana Diced Peaches</p>	<p>27</p> <p>String Cheese Peach Mini Loaf ^ Fresh Apple*</p>
<p>30</p> <p>APPLE CINNAMON CHEERIOS ^ Vanilla Waffle Square Craisins Grape Juice</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

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