

OCTOBER

Breakfast



Muroc JUSD K-12 Breakfast

BR - BRKFST K-12

Monday	Tuesday	Wednesday	Thursday	Friday
*Choice of Cereal *Menus are "Nut Free"	BEEF SAUSAGE ON A BISCUIT ^ Applesauce Cup Fruit Punch Juice	BANANA MUFFIN ^ String Cheese Fresh Apple*	WAFFLES ^ Fresh Banana Orange-Tangerine Juice Syrup	CINNAMON TOAST CRUNCH ^ Animal Grahams Fresh Apple*
FRUITY CHEERIOS ^ Animal Grahams ^ Craisins Apple Juice	CHEESE OMELET Sliced Bread ^ Fruit Punch Juice Diced Pears	FROSTED CORN FLAKES ^ Vanilla Waffle Square ^ Fresh Apple*	FRENCH TOAST STICKS ^ Fresh Banana Orange-Tangerine Juice Syrup	PEACH MINI LOAF ^ String Cheese Fresh Apple*
	GOLDEN GRAHAM CEREAL ^ French Toast Breakfast Square ^ Craisins Fruit Punch Juice	String Cheese Chocolate Chip Mini Loaf ^ Fresh Apple*	BREAKFAST BURRITO ^ Fresh Banana Applesauce Cup	APPLE CINNAMON CHEERIOS ^ Maple Breakfast Square ^ Fresh Apple*
TRIX ^ Strawberry Pancake Square ^ Craisins Grape Juice	CHICKEN BISCUIT ^ Mixed Fruit Cup Fruit Punch Juice	BLUEBERRY MUFFIN ^ String Cheese Fresh Apple*	WAFFLES ^ Fresh Banana Orange-Tangerine Juice	CORN CHEX ^ Vanilla Waffle Square ^ Fresh Apple*
COCOA PUFFS ^ Graham Crackers ^ Craisins Orange-Tangerine Juice	STRAWBERRY PANCAKES ^ Diced Pears Apple Juice Syrup	CINNAMON CHEX ^ Maple Breakfast Square ^ Fresh Apple*	TURKEY HAM & CHEESE ON ENGLISH MUFFIN ^ Fresh Banana Diced Peaches	

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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