

December 2018

MSMS BREAKFAST MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>C=Calories F=Fat SF=Saturated Fat CHO=Carbohydrates</p>	<p>CHOICE OF: 1% WHITE MILK NONFAT CHOCOLATE MILK NONFAT STRAWBERRYMILK SERVED DAILY</p> <p>*All grains served are Whole Grain Rich (WGR)</p>	<p>CHOICE OF CEREAL OFFERED DAILY CHOICE OF MILK AND JUICE AND FRESH FRUIT SERVED WITH EACH BREAKFAST</p>		<p>Reminder: Please check your child's cafeteria account. Payments can be made online at: www.K12PaymentCenter.com</p>
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Honey Bun (C 340 F 12 SF 2.5 CHO 50)	4 Pan Dulce (C 250 F 8.9 SF 2 CHO 37.5)	5 Double Chocolate Muffin (C 229 F 6 SF 0.9 CHO 40)	6 Mini Waffles (C 190 F 6 SF 1 CHO 33)	7 Chocolate Donuts (C 300 F 13 SF 8 CHO 39) OR Powdered Donuts (C 280 F 10 SF 3 CHO 42)
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10 Cinnamon Bun (C 230 F 7 SF 2 CHO 37)	11 Mini Breakfast Bites (C 280 F 11 SF 5 CHO 43)	12 Double Chocolate Muffin (C 229 F 6 SF 0.9 CHO 40)	13 Mini Pancakes (C 200 F 6 SF 1 CHO 34)	14 Chocolate Donuts (C 300 F 13 SF 8 CHO 39) OR Powdered Donuts (C 280 F 10 SF 3 CHO 42)
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
17 Honey Bun (C 340 F 12 SF 2.5 CHO 50)	18 Pan Dulce (C 250 F 8.9 SF 2 CHO 37.5)	19 Double Chocolate Muffin (C 229 F 6 SF 0.9 CHO 40)	20 Breakfast Pizza (C 210 F 7 SF 2 CHO 26)	21 12/21/18 – 1/7/19 Winter Recess 
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
24 Happy Holidays!  	25	26	27	28 

Winter Recess

"USDA is an equal opportunity provider and employer." "Esta institución es un proveedor que ofrece igualdad de oportunidades."

Menu subject to change without notice