

MSMS BREAKFAST MENU
SEPTEMBER 2018



Get off to a Good Start



..... Eat Breakfast



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> 	<p>4</p> <p>Mini Breakfast Bites (C 280 F 11 SF 5 CHO 43)</p>	<p>5</p> <p>Double Chocolate Muffin (C 229 F 6 SF 0.9 CHO 40)</p>	<p>6</p> <p>Mini Waffles (C 190 F 6 SF 1 CHO 33)</p>	<p>7</p> <p>Chocolate Donuts (C 300 F 13 SF 8 CHO 39) OR Powdered Donuts (C 280 F 10 SF 3 CHO 42)</p>
<p>10</p> <p>Honey Bun (C 340 F 12 SF 2.5 CHO 50)</p>	<p>11</p> <p>Pan Dulce (C 250 F 8.9 SF 2 CHO 37.5)</p>	<p>12</p> <p>Double Chocolate Muffin (C 229 F 6 SF 0.9 CHO 40)</p>	<p>13</p> <p>Dutch Waffles (C 300 F 13 SF 3 CHO 43)</p>	<p>14</p> <p>Chocolate Donuts (C 300 F 13 SF 8 CHO 39) OR Powdered Donuts (C 280 F 10 SF 3 CHO 42)</p>
<p>17</p> <p>Cinnamon Bun (C 230 F 7 SF 2 CHO 37)</p>	<p>18</p> <p>Mini Breakfast Bites (C 280 F 11 SF 5 CHO 43)</p>	<p>19</p> <p>Double Chocolate Muffin (C 229 F 6 SF 0.9 CHO 40)</p>	<p>20</p> <p>Mini Pancakes (C 200 F 6 SF 1 CHO 34)</p>	<p>21</p> <p>Chocolate Donuts (C 300 F 13 SF 8 CHO 39) OR Powdered Donuts (C 280 F 10 SF 3 CHO 42)</p>
<p>24</p> <p>Honey Bun (C 340 F 12 SF 2.5 CHO 50)</p>	<p>25</p> <p>Pan Dulce (C 250 F 8.9 SF 2 CHO 37.5)</p>	<p>26</p> <p>Double Chocolate Muffin (C 229 F 6 SF 0.9 CHO 40)</p>	<p>27</p> <p>Pancake & Sausage on a Stick (C 179 F 5.7 SF 1.9 CHO 22.8)</p>	<p>28</p> <p>Chocolate Donuts (C 300 F 13 SF 8 CHO 39) OR Powdered Donuts (C 280 F 10 SF 3 CHO 42)</p>
<p>C=Calories F=Fat SF=Saturated Fat CHO=Carbohydrates</p>	<p>CHOICE OF: 1% WHITE MILK NONFAT CHOCOLATE MILK NONFAT STRAWBERRYMILK SERVED DAILY *All grains served are Whole Grain Rich (WGR) SALAD BAR DAILY</p>	<p><u>Lunch Applications</u> ✓ One must be filled out yearly. ✓ One Lunch Application per household. ✓ Lunch is \$2.25 ✓ Breakfast is Free to everyone. Questions: (951) 928-2758 2017-2018 Eligibility Statuses will Expire 9/14/18</p>	<p>Easy Online Payments: www.K12PaymentCenter.com **Please Note** Everyone pays until letter of approval is received.</p>	<p>Lunch Applications online: www.lunchapplication.com or Please pick one up at your child's school</p>

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Menu subject to change without notice