

# Mountain Shadows Middle School

## September 2019 Breakfast Menu

### Monday

- Cinnamon Bun/Honey Bun
- Assorted Cereals



### Tuesday

- Mini Breakfast Bites/Pan Dulce
- Assorted Cereals

### Wednesday

- Double Chocolate Muffin
- Assorted Cereals

### Thursday

- Scone/Pancake & Sausage on a Stick
- Assorted Cereals

### Friday

- Chocolate or Powdered Donuts/ Dunkin Stix
- Assorted Cereals

#### Lunch Application Reminders:

- One must be filled out annually.
  - Everyone pays until letter of approval is received.
  - One lunch application per household.
  - Lunch is \$2.25
  - Breakfast is free to everyone.
- Questions: (951) 928-2758

Make payments conveniently online at:

[www.k12paymentcenter.com](http://www.k12paymentcenter.com)

Please complete a lunch application online at:

[www.lunchapplication.com](http://www.lunchapplication.com)

Or pick one up at your students school.

Choice of Milk: 1% Milk, Nonfat Chocolate Milk and Strawberry Milk offered with each breakfast.

Fresh fruit and juice offered with each breakfast.

All grains served are Whole Grain Rich

MENU SUBJECT TO CHANGE WITHOUT NOTICE

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