



Get off to a good start

MSMS BREAKFAST MENU

October 2018



..... Eat Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Cinnamon Bun (C 230 F 7 SF 2 CHO 37)	2 Mini Breakfast Bites (C 280 F 11 SF 5 CHO 43)	3 Double Chocolate Muffin (C 229 F 6 SF 0.9 CHO 40)	4 Sausage Breakfast Biscuit (C 172 F 7.8 SF 2.7 CHO 17.7)	5 Chocolate Donuts (C 300 F 13 SF 8 CHO 39) OR Powdered Donuts (C 280 F 10 SF 3 CHO 42)
8 No School Admissions Day 	9 Pan Dulce (C 250 F 8.9 SF 2 CHO 37.5)	10 Double Chocolate Muffin (C 229 F 6 SF 0.9 CHO 40)	11 Dutch Waffles (C 300 F 13 SF 3 CHO 43)	12 Chocolate Donuts (C 300 F 13 SF 8 CHO 39) OR Powdered Donuts (C 280 F 10 SF 3 CHO 42)
15 Cinnamon Bun (C 230 F 7 SF 2 CHO 37)	16 Mini Breakfast Bites (C 280 F 11 SF 5 CHO 43)	17 Double Chocolate Muffin (C 229 F 6 SF 0.9 CHO 40) 	18 Mini Pancakes (C 200 F 6 SF 1 CHO 34)	19 Chocolate Donuts (C 300 F 13 SF 8 CHO 39) OR Powdered Donuts (C 280 F 10 SF 3 CHO 42)
22 Honey Bun (C 340 F 12 SF 2.5 CHO 50)	23 Pan Dulce (C 250 F 8.9 SF 2 CHO 37.5)	24 Double Chocolate Muffin (C 229 F 6 SF 0.9 CHO 40)	25 Pancake & Sausage on a Stick (C 179 F 5.7 SF 1.9 CHO 22.8)	26 Chocolate Donuts (C 300 F 13 SF 8 CHO 39) OR Powdered Donuts (C 280 F 10 SF 3 CHO 42)
29 Cinnamon Bun (C 230 F 7 SF 2 CHO 37)	30 Honey Bun (C 340 F 12 SF 2.5 CHO 50)	31 Double Chocolate Muffin (C 229 F 6 SF 0.9 CHO 40)	C=Calories F=Fat SF=Saturated Fat CHO=Carbohydrates	CHOICE OF: 1% WHITE MILK NONFAT CHOCOLATE MILK NONFAT STRAWBERRYMILK SERVED DAILY *All grains served are Whole Grain Rich (WGR) SALAD BAR DAILY



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Menu subject to change without notice