

MSMS BREAKFAST MENU
March 2019








Get off to a Good Start



..... Eat Breakfast



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>C=Calories F=Fat SF=Saturated Fat CHO=Carbohydrates</p>	<p>CHOICE OF CEREAL OFFERED DAILY CHOICE OF MILK AND JUICE AND FRESH FRUIT SERVED WITH EACH BREAKFAST</p>	<p>CHOICE OF: 1% WHITE MILK NONFAT CHOCOLATE MILK NONFAT STRAWBERRYMILK SERVED DAILY *All grains served are Whole Grain Rich (WGR)</p>		<p>1 Chocolate Donuts (C 300 F 13 SF 8 CHO 39) OR Powdered Donuts (C 280 F 10 SF 3 CHO 42)</p>
<p>4 Honey Bun (C 340 F 12 SF 2.5 CHO 50)</p>	<p>5 Pan Dulce (C 250 F 8.9 SF 2 CHO 37.5)</p>	<p>6 Double Chocolate Muffin (C 229 F 6 SF 0.9 CHO 40)</p>	<p>7 Cook's Choice </p>	<p>8 Chocolate Donuts (C 300 F 13 SF 8 CHO 39) OR Powdered Donuts (C 280 F 10 SF 3 CHO 42)</p>
<p>11 Cinnamon Bun (C 230 F 7 SF 2 CHO 37)</p>	<p>12 Mini Breakfast Bites (C 280 F 11 SF 5 CHO 43)</p>	<p>13 Double Chocolate Muffin (C 229 F 6 SF 0.9 CHO 40)</p>	<p>14 Mini Waffles (C 190 F 6 SF 1 CHO 33) </p>	<p>15 Chocolate Donuts (C 300 F 13 SF 8 CHO 39) OR Powdered Donuts (C 280 F 10 SF 3 CHO 42) </p>
<p>18 Honey Bun (C 340 F 12 SF 2.5 CHO 50)</p>	<p>19 Pan Dulce (C 250 F 8.9 SF 2 CHO 37.5)</p>	<p>20 Double Chocolate Muffin (C 229 F 6 SF 0.9 CHO 40)</p>	<p>21 Mini Pancakes (C 200 F 6 SF 1 CHO 34)</p>	<p>22 Chocolate Donuts (C 300 F 13 SF 8 CHO 39) OR Powdered Donuts (C 280 F 10 SF 3 CHO 42)</p>
<p>25 Cinnamon Bun (C 230 F 7 SF 2 CHO 37)</p>	<p>26 Mini Breakfast Bites (C 280 F 11 SF 5 CHO 43)</p>	<p>27 Double Chocolate Muffin (C 229 F 6 SF 0.9 CHO 40)</p>	<p>28 Cook's Choice </p>	<p>29 Chocolate Donuts (C 300 F 13 SF 8 CHO 39) OR Powdered Donuts (C 280 F 10 SF 3 CHO 42)</p>

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

Menu subject to change without notice