

MSMS BREAKFAST MENU
January 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>1 </p>	<p>2 </p>	<p>3 CHOICE OF CEREAL OFFERED DAILY CHOICE OF MILK AND JUICE AND FRESH FRUIT SERVED WITH EACH BREAKFAST</p>	<p>4 CHOICE OF: 1% WHITE MILK NONFAT CHOCOLATE MILK NONFAT STRAWBERRYMILK SERVED DAILY *All grains served are Whole Grain Rich (WGR)</p>
<p>MONDAY Non Student Day 7 </p>	<p>TUESDAY 8 Pan Dulce (C 250 F 8.9 SF 2 CHO 37.5)</p>	<p>WEDNESDAY 9 Double Chocolate Muffin (C 229 F 6 SF 0.9 CHO 40)</p>	<p>THURSDAY 10 Mini Waffles (C 190 F 6 SF 1 CHO 33)</p>	<p>FRIDAY 11 Chocolate Donuts (C 300 F 13 SF 8 CHO 39) OR Powdered Donuts (C 280 F 10 SF 3 CHO 42)</p>
<p>MONDAY 14 Cinnamon Bun (C 230 F 7 SF 2 CHO 37)</p>	<p>TUESDAY 15 Mini Breakfast Bites (C 280 F 11 SF 5 CHO 43)</p>	<p>WEDNESDAY 16 Double Chocolate Muffin (C 229 F 6 SF 0.9 CHO 40)</p>	<p>THURSDAY 17 Mini Pancakes (C 200 F 6 SF 1 CHO 34)</p>	<p>FRIDAY 18 Chocolate Donuts (C 300 F 13 SF 8 CHO 39) OR Powdered Donuts (C 280 F 10 SF 3 CHO 42)</p>
<p>MONDAY Dr. Martin L. King, Jr. 21 </p>	<p>TUESDAY 22 Pan Dulce (C 250 F 8.9 SF 2 CHO 37.5)</p>	<p>WEDNESDAY 23 Double Chocolate Muffin (C 229 F 6 SF 0.9 CHO 40)</p>	<p>THURSDAY 24 Breakfast Pizza (C 210 F 7 SF 2 CHO 26)</p>	<p>FRIDAY 25 Chocolate Donuts (C 300 F 13 SF 8 CHO 39) OR Powdered Donuts (C 280 F 10 SF 3 CHO 42)</p>
<p>MONDAY 28 Cinnamon Bun (C 230 F 7 SF 2 CHO 37)</p>	<p>TUESDAY 29 Mini Breakfast Bites (C 280 F 11 SF 5 CHO 43)</p>	<p>WEDNESDAY 30 Double Chocolate Muffin (C 229 F 6 SF 0.9 CHO 40)</p>	<p>THURSDAY 31 Mini Waffles (C 190 F 6 SF 1 CHO 33)</p>	<p>FRIDAY </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