

**Manhattan Beach Unified School District
Mira Costa High School Breakfast Menu**

Grades 9-12, Offer Versus Serve

Daily Choice of Entrees (must choose 1):

Uncrustable PB&J Sandwich
Mini-Cinnis Cinnamon Rolls
Chocolate Chip Muffin, 4 oz
Blueberry Muffin, 4 oz
Breakfast Pizza Bagel
White Whole Wheat Bagel (& Cream Cheese)
Pretzel Stick with Cheddar

Daily Choice of Fruit (1 cup), Juice (1/2 cup), or Both (must choose at least 1):

Fresh Apple, 138 count
Sliced Apples, Bagged, 2 oz
Fresh Orange, 138 count
Fresh Banana, 150 count
Fresh Grapes, 14 grapes or bagged, 3 oz
Fresh Strawberries, 1/2 cup
Raisins, 1.33 oz Box
Applesauce Cup, 4.5 oz
Orange Juice, 4 oz
Apple Juice, 4 oz

Daily Choice of Milk:

Chocolate Nonfat Milk, 8 fl oz
1% White Milk, 8 fl oz

**Manhattan Beach Unified School District
Manhattan Beach Middle School Breakfast Menu**

Grades 6-8, Offer Versus Serve

Choice of Entrees (must choose at least 1):

Mini Maple Pancakes
Mini-Cinnis Cinnamon Rolls
Blueberry Muffin, 4 oz
Chocolate Chip Muffin, 4 oz
Breakfast Pizza Bagel

Choice of Fruit (1 cup), Juice (1/2 cup), or Both (must choose at least 1):

Fresh Apple, 138 count
Sliced Apples, Bagged, 2 oz
Fresh Orange, 138 count
Fresh Banana, 150 count
Fresh Grapes, 14 grapes or bagged, 3 oz
Fresh Strawberries, 1/2 cup
Raisins, 1.33 oz Box
Applesauce Cup, 4.5 oz
Orange Juice, 4 oz
Apple Juice, 4 oz

Choice of Milk:

Chocolate Nonfat Milk, 8 fl oz
1% White Milk, 8 fl oz