

MORENO VALLEY UNIFIED SCHOOL DISTRICT  
HIGH SCHOOL CYCLE BREAKFAST

Rev: 8/14/2018 3:19 PM

## HIGH SCHOOL DIABETIC BREAKFAST MENU (Aug - Sept 2018)

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Entrée</u>	<u>Entrée</u>	<u>Entrée</u>	<u>Entrée</u>	<u>Entrée</u>
Mini Maple Burstin Pancakes 39g	Turkey Sausage Sandwich 14g	Chicken and Biscuit Sandwich 36g	Egg and Cheese Sandwich 19g	Mini Blueberry Eggo Pancakes 35g
	Cinnamon Toast 45g		French Toast 28g	
Donut & String Cheese 24g		Bagel and Cream Cheese 30g		Concha Bread 34g
Breakfast Bar, Oat/Choc Chip 47g	Breakfast Bar, Oat/Choc Chip 47g	Breakfast Bar, Oat/Choc Chip 47g	Breakfast Bar, Oat/Choc Chip 47g	Breakfast Bar, Oat/Choc Chip 47g
Sausage Breakfast Pizza 47g		Sausage Breakfast Pizza 47g		Sausage Breakfast Pizza 47g
Poptart, Frosted Cinn/ StrawB 75g	Buttermilk Bars Twin Pkg 43g	Poptart, Frosted Cinn/ StrawB 75g	Buttermilk Bars Twin Pkg 43g	Poptart, Frosted Cinn/ StrawB 75g
PBJ Gramwich 32g	PBJ Gramwich 32g	PBJ Gramwich 32g	PBJ Gramwich 32g	PBJ Gramwich 32g
Muffin Mix + Cheese 1g OR Yogurt (4oz) 14g	Muffin Mix + Cheese 1g OR Yogurt (4oz) 14g	Muffin Mix + Cheese 1g OR Yogurt (4oz) 14g	Muffin Mix + Cheese 1g OR Yogurt (4oz) 14g	Muffin Mix + Cheese 1g OR Yogurt (4oz) 14g
<b><u>Cereal 2oz &amp; String Cheese</u></b> Choice of 1: Frosted Mini Spooners 47g; Honey Nut Scooters 46g; Raisin	<b><u>Cereal 2oz &amp; String Cheese</u></b> Choice of 1: Frosted Mini Spooners 47g; Honey Nut Scooters 46g; Raisin	<b><u>Cereal 2oz &amp; String Cheese</u></b> Choice of 1: Frosted Mini Spooners 47g; Honey Nut Scooters 46g; Raisin	<b><u>Cereal 2oz &amp; String Cheese</u></b> Choice of 1: Frosted Mini Spooners 47g; Honey Nut Scooters 46g; Raisin	<b><u>Cereal 2oz &amp; String Cheese</u></b> Choice of 1: Frosted Mini Spooners 47g; Honey Nut Scooters 46g; Raisin
<b><u>Fruit</u></b>	<b><u>Fruit</u></b>	<b><u>Fruit</u></b>	<b><u>Fruit</u></b>	<b><u>Fruit</u></b>
Fruit Mix Brkfst. Choices: Apple raw w/skin 15g, Orange 15g, Banana 27g	Fruit Mix Brkfst. Choices: Apple raw w/skin 15g, Orange 15g, Banana 27g	Fruit Mix Brkfst. Choices: Apple raw w/skin 15g, Orange 15g, Banana 27g	Fruit Mix Brkfst. Choices: Apple raw w/skin 15g, Orange 15g, Banana 27g	Fruit Mix Brkfst. Choices: Apple raw w/skin 15g, Orange 15g, Banana 27g
<del>Juice Mix, 4oz, MS/HS: Orange, Wildberry, Fruit punch, Apple</del>	<del>Juice Mix, 4oz, MS/HS: Orange, Wildberry, Fruit punch, Apple</del>	<del>Juice Mix, 4oz, MS/HS: Orange, Wildberry, Fruit punch, Apple</del>	<del>Juice Mix, 4oz, MS/HS: Orange, Wildberry, Fruit punch, Apple</del>	<del>Juice Mix, 4oz, MS/HS: Orange, Wildberry, Fruit punch, Apple</del>
	Applesauce		Canned Pears	Pineapple Spears 2.7oz
<b><u>Milk</u></b>	<b><u>Milk</u></b>	<b><u>Milk</u></b>	<b><u>Milk</u></b>	<b><u>Milk</u></b>
1% White 14g; <del>Non-fat Chocolate</del>	1% White 14g; <del>Non-fat Chocolate</del>	1% White 14g; <del>Non-fat Chocolate</del>	1% White 14g; <del>Non-fat Chocolate</del>	1% White 14g; <del>Non-fat Chocolate</del>

**THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER**

**Muffin Mix:** Blueberry muffin top (3.2oz) 33g, Chocolate Chip muffin (3.2oz) 43g, or Strawberry/Banana muffin 45g, Banana Loaf 31g