





June 2018

K-12 Diabetic Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>All meals served with a choice of 1% plain 14g milk or non-fat chocolate milk 22g</i> <i>Variety of cereals offered daily: Frosted Mini Spooners 45g/ Raisin Bran 45g/ Honey Nut Scooters 45g</i></p> <p><small>*Indicates Pork Item</small></p>	<p><i>Fresh Fruits: Apple bag 8g, Whole Apple 15g, Orange slices 15g, Banana 27, Grape bag 10g, Strawberries 17g, Kiwi 15g, Watermelon 12g, Cantaloupe 6g</i></p>			<p>1</p> <p>Fresh Fruit</p> <p>Canned-Fruit-Mix-17g</p> <p>Egg & Cheese Sandwich 19g</p> <p>Cereal, 2oz 45g</p> <p>Fruit-Juice-4oz-15g</p> <p>Condiments - Ketchup 3g</p>
<p>4</p> <p>Fresh Fruit</p> <p>Pineapple-Chunks-16g</p> <p>Maple Burst Pancakes 39</p> <p>Cereal, 2oz 45g</p> <p>-Apple-Juice-15g</p> <p>Condiments - Sugar Free Syrup 0g</p>	<p>5</p> <p>Fresh Fruit</p> <p>Canned-Pears-19g</p> <p>Breakfast Sausage Pizza 26g</p> <p>Cereal, 2oz 45g</p> <p>Orange-Juice-14g</p>	<p>6</p> <p>Fresh Grapes 10g</p> <p>Bagel & Cream Cheese 30g</p> <p>Cereal, 2oz 45g</p> <p>Wildberry-Juice-4-oz-15g</p>	<p>7</p> <p>Fresh Fruit</p> <p>Canned-Peaches-18g</p> <p>Buttermilk Bars 43g</p> <p>Cereal, 2oz 45g</p> <p>Fruit-Juice-4oz-15g</p>	<p>8</p> <p>Diced-Apricots-15g</p> <p>Oatmeal Choc Chip Breakfast Bar 47g</p> <p>Cereal, 2oz 45g</p> <p>Watermelon 12g</p> <p>Fresh Grapes 10g</p> <p>Wildberry-Juice-4oz-15g</p>



June 8th - August 15th

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

MORENO VALLEY UNIFIED SCHOOL DISTRICT
NUTRITION SERVICES DEPARTMENT