


SEPTEMBER 2018

K-5 Diabetic Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>All meals served with a choice of 1% plain milk 14g or non-fat chocolate milk</i></p> <p>*Indicates Pork Item</p> <p><i>Variety of cereals offered daily: Cheerios 20g and String Cheese 1g</i></p> 	<p>Fresh Fruit 4</p> <p>Canned Fruit Mix</p> <p>Oatmeal Choc Chip Breakfast Bar 47g</p> <p>Cereal, 2 oz</p> <p>Orange Juice-</p>	<p>Fresh Fruit 5</p> <p>Diced Apricots</p> <p>Concha Bread 34g</p> <p>Cereal, 2oz</p> <p>Fruit Punch Juice</p>	<p>Fresh Fruit 6</p> <p>Applesauce</p> <p>French Toast Sticks 28g</p> <p>Cereal, 2oz</p> <p>Wildberry Juice</p> <p>Sugar Free Syrup</p> <p><i>Condiments - Syrup</i></p>	<p>7</p> <p>Bag of Grapes 10g</p> <p>Chorizo & Egg Burrito 35g</p> <p>Cereal, 2oz</p> <p>Apple Juice</p>
<p>Fresh Fruit 10</p> <p>Pineapple Chunks</p> <p>Strawberry & Banana Muffin 45g</p> <p>Cereal, 2oz</p> <p>Orange Juice</p>	<p>Fresh Fruit 11</p> <p>Canned Fruit Mix</p> <p>Mini Strawberry Bagels 41g</p> <p>Cereal, 2oz</p> <p>Wildberry Juice-</p>	<p>12</p> <p>Raw Cantaloupe Pieces 8g</p> <p>Cinnamon Toast 45g</p> <p>Cereal, 2oz</p> <p>Fruit Punch Juice</p>	<p>Fresh Fruit 13</p> <p>Canned Peaches</p> <p>Breakfast Pizza Bagel 23g</p> <p>Cereal, 2oz</p> <p>Orange Juice-</p>	<p>14</p> <p>Fresh Whole Banana 27g</p> <p>Egg & Cheese Sandwich 19g</p> <p>Cereal, 2oz</p> <p>Fruit Punch Juice</p>
<p>Fresh Fruit 17</p> <p>Canned Fruit Mix</p> <p>Yogurt 20g w/Belly 21g</p> <p>Cereal, 2oz</p> <p>Wildberry Juice</p>	<p>18</p> <p>Raw Kiwi Fruit 15g</p> <p>Cinnamon Crumble 53g</p> <p>Cereal, 2oz</p> <p>Orange Juice</p>	<p>Fresh Fruit 19</p> <p>Canned Pears</p> <p>Strawberry Poptart 75g</p> <p>Cereal, 2oz</p> <p>Apple Juice</p>	<p>Fresh Fruit 20</p> <p>Diced Apricots</p> <p>Maple Burst Pancakes 39g</p> <p>Cereal, 2oz</p> <p>Orange Juice</p> <p>Sugar Free Syrup</p> <p><i>Condiments - Syrup</i></p>	<p>21</p> <p>Apple Slices 8g</p> <p>Bagel & Cream Cheese 30g</p> <p>Cereal, 2oz</p> <p>Wildberry Juice</p>
<p>Fresh Fruit 24</p> <p>Canned Pears</p> <p>Buttermilk Bars 43g</p> <p>Cereal, 2oz</p> <p>Fruit Punch Juice</p>	<p>Fresh Fruit 25</p> <p>Canned Peaches</p> <p>Breakfast Sausage Pizza 26g</p> <p>Cereal, 2oz</p> <p>Wildberry Juice</p>	<p>26</p> <p>Bag of Grapes 10g</p> <p>Choc Chip Muffin Top 34g</p> <p>Cereal, 2oz</p> <p>Apple Juice</p>	<p>Fresh Fruit 27</p> <p>Canned Fruit Mix</p> <p>Breakfast Chicken Sandwich 36g</p> <p>Cereal, 2oz</p> <p>Orange Juice-</p>	<p>28</p> <p>Fresh Whole Banana 27g</p> <p>Berry Mini French Toast 37g</p> <p>Cereal, 2oz</p> <p>Wildberry Juice</p> <p>Sugar Free Syrup</p> <p><i>Condiments - Syrup</i></p>

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Moreno Valley Unified School District
Nutrition Services Department