

MORENO VALLEY UNIFIED SCHOOL DISTRICT  
MIDDLE SCHOOL CYCLE BREAKFAST

**MIDDLE SCHOOL DIABETIC BREAKFAST MENU (Aug - Sept 2018)**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<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 w/ Cream Cheese 30g		Concha Bread 34g
<b><u>Cereal 2oz &amp; String Cheese</u></b> Choice of 1: Frosted Mini Spooners 47g; Honey Nut Scooters 46g; Raisin Bran 46g	<b><u>Cereal 2oz &amp; String Cheese</u></b> Choice of 1: Frosted Mini Spooners 47g; Honey Nut Scooters 46g; Raisin Bran 46g	<b><u>Cereal 2oz &amp; String Cheese</u></b> Choice of 1: Frosted Mini Spooners 47g; Honey Nut Scooters 46g; Raisin Bran 46g	<b><u>Cereal 2oz &amp; String Cheese</u></b> Choice of 1: Frosted Mini Spooners 47g; Honey Nut Scooters 46g; Raisin Bran 46g	<b><u>Cereal 2oz &amp; String Cheese</u></b> Choice of 1: Frosted Mini Spooners 47g; Honey Nut Scooters 46g; Raisin Bran 46g
4 oz Greek Yogurt 14g OR Cheese 1g <b><u>AND</u></b> Muffin Mix	4 oz Greek Yogurt 14g OR Cheese 1g <b><u>AND</u></b> Muffin Mix	4 oz Greek Yogurt 14g OR Cheese 1g <b><u>AND</u></b> Muffin Mix	4 oz Greek Yogurt 14g OR Cheese 1g <b><u>AND</u></b> Muffin Mix	4 oz Greek Yogurt 14g OR Cheese 1g <b><u>AND</u></b> Muffin Mix
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
PB&J Gramwich 32g	PB&J Gramwich 32g	PB&J Gramwich 32g	PB&J Gramwich 32g	PB&J Gramwich 32g
<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
Juice Mix, 4oz, MS/HS: Orange, Wildberry, Fruit punch, Apple	Juice Mix, 4oz, MS/HS: Orange, Wildberry, Fruit punch, Apple	Juice Mix, 4oz, MS/HS: Orange, Wildberry, Fruit punch, Apple	Juice Mix, 4oz, MS/HS: Orange, Wildberry, Fruit punch, Apple	Juice Mix, 4oz, MS/HS: Orange, Wildberry, Fruit punch, Apple
	Applesauce	Tangerine 16g	Canned Pears	
<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; <i>Non-fat Chocolate</i>	1% White 14g; <i>Non-fat Chocolate</i>	1% White 14g; <i>Non-fat Chocolate</i>	1% White 14g; <i>Non-fat Chocolate</i>	1% White 14g; <i>Non-fat Chocolate</i>

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