Breakfast Menu

- Fresh Baked Cinnamon Roll
- Assorted Cereal & Graham Cracker
- Fresh Fruit Selection
- Orange Juice
- Milk

What Makes a Complete Breakfast?

Meal Components:
- Meat/Meat Alt
- Grain
- Vegetable
- Fruit
- Milk

Select at least 3 components and make sure one is a fruit.

This institution is an equal opportunity provider
Menus are subject to change.
All grains are either whole grain or whole grain rich.

Revision Date: 8/26/19
MBC Monday
Breakfast Menu

- **Fruit & Yogurt Parfait**
- **Scrambled Eggs & Potato Rounds w/Goldfish Grahams**
- **Fresh Fruit Selection**
- **Apple Juice**
- **Milk**

What Makes a Complete Breakfast?

Meal Components:
- Meat/Meat Alt
- Grain
- Vegetable
- Fruit
- Milk

Select at least 3 components and make sure one is a fruit.

This institution is an equal opportunity provider.Menus are subject to change.
All grains are either whole grain or whole grain rich.

Revision Date: 8/26/19
MBC Tuesday
Breakfast Menu

- Turkey & Cheese Roll-Up
- Assorted Cereal & Graham Cracker
- Fresh Fruit Selection
- Orange Juice
- Milk

What Makes a Complete Breakfast?

Meal Components:

- Meat/Meat Alt
- Grain
- Vegetable
- Fruit
- Milk

Select at least 3 components and make sure one is a fruit.

Revision Date: 8/26/19

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Menus are subject to change.
All grains are either whole grain or whole grain rich.
Breakfast Menu

- **Fruit & Yogurt Parfait**
- **Cinnamon Mini Bagel Bites**
- **Fresh Fruit Selection**
- **Apple Juice**
- **Milk**

What Makes a Complete Breakfast?

Meal Components:

- Select at least 3 components
- and make sure one is a fruit.

This institution is an equal opportunity provider.

Menus are subject to change.

All grains are either whole grain or whole grain rich.
Breakfast Menu

- Egg, Tot & Cheese Burrito
- Assorted Cereal & Graham Cracker
- Fresh Fruit Selection
- Orange Juice
- Milk

What Makes a Complete Breakfast?

Meal Components:

- Meat/Meat Alt
- Grain
- Vegetable
- Fruit
- Milk

Select at least 3 components and make sure one is a fruit.

This institution is an equal opportunity provider.
Menus are subject to change.
All grains are either whole grain or whole grain rich.

Revision Date: 3/9/20
MBC Friday