

# MMFA BREAKFAST MENU



|   | MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY   |
|---|--|---|--|---|--|
| <b>MUST CHOOSE ONE</b>                                    | <b>Breakfast menus contain 4-5 items. Students must take 3 of the 4-5 items, one must be fruit or fruit juice.</b><br>^ Meatless + Poultry *Pork WG Whole Grain ° Milk choices include Fat Free White, Fat Free Flavored, or 1% White                    |   |  |   |  |
|   | <b>Beef Sausage~<br/>WG Bagel</b><br>235 cal   | <b>^WG Pancakes</b><br>220 cal  | <b>^Yogurt &amp;<br/>WG Oatmeal Bar</b><br>220 cal                                     | <b>Turkey Ham+ &amp; Cheese<br/>on WG Hawaiian Bun</b><br>186 cal                       | <b>^WG Cinnamon Roll</b><br>232 cal  |
|   | <b>SUBSTITUTE MENU MAY BE SERVED A MAXIMUM OF TWO DAYS A WEEK:</b><br>^WG Bagel w/ Cream Cheese or Jelly 130-236 cal   ^WG French Toast Sticks 166-406 cal<br>^WG Mini Cini Bagel 240 cal   ^WG Cinnamon Chex Cup 230 cal   ^Egg WG Wrap & Salsa 205 cal |   |  |   |  |
| <b>MAY CHOOSE UP TO TWO</b><br><br><b>MUST CHOOSE ONE</b> | <b>Dried Fruit<br/>Fresh Fruit<br/>Canned Fruit</b><br>4 oz. Apple Juice<br>55-129 cal   | <b>Dried Fruit<br/>Fresh Fruit<br/>Canned Fruit</b><br>4 oz. Orange Juice<br>55-129 cal | <b>Dried Fruit<br/>Fresh Fruit<br/>Canned Fruit</b><br>4 oz. Apple Juice<br>55-129 cal | <b>Dried Fruit<br/>Fresh Fruit<br/>Canned Fruit</b><br>4 oz. Orange Juice<br>55-129 cal | <b>Dried Fruit<br/>Fresh Fruit<br/>Canned Fruit</b><br>4 oz. Apple Juice<br>55-129 cal |
| <b>MAY CHOOSE ONE</b>                                     | <b>°1% or Fat Free Milk</b><br>80-120 cal  | <b>°1% or Fat Free Milk</b><br>80-120 cal   | <b>°1% or Fat Free Milk</b><br>80-120 cal  | <b>°1% or Fat Free Milk</b><br>80-120 cal   | <b>°1% or Fat Free Milk</b><br>80-120 cal  |



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