

MMFA HIGH SCHOOL BREAKFAST MENU



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MUST CHOOSE ONE	Breakfast menus contain 4-5 items. Students must take 3 of the 4-5 items, one must be fruit or fruit juice. ^ Meatless + Poultry *Pork WG Whole Grain ° Milk choices include Fat Free White, Fat Free Flavored, or 1% White				
	^Egg WG Wrap w/ Salsa 205 cal	^WG Pancakes 210-220 cal	WG Breakfast Sandwich 185-320 cal	Turkey Ham+ & Cheese on WG Hawaiian Bun 186 cal	^WG Cinnamon Roll 252 cal
	^WG Bagel w/ Cream Cheese or Jelly & Peanut Butter Cup 201-365 cal	^WG Bagel w/ Cream Cheese or Jelly & Peanut Butter Cup 201-365 cal	^WG Bagel w/ Cream Cheese or Jelly & Peanut Butter Cup 201-365 cal	^WG Bagel w/ Cream Cheese or Jelly & Peanut Butter Cup 201-365 cal	^WG Bagel w/ Cream Cheese or Jelly & Peanut Butter Cup 201-365 cal
	4 oz. Yogurt & Grahams 200 cal	4 oz. Yogurt & Grahams 200 cal	4 oz. Yogurt & Grahams 200 cal	4 oz. Yogurt & Grahams 200 cal	4 oz. Yogurt & Grahams 200 cal
	SUBSTITUTE MENU MAY BE SERVED A MAXIMUM OF ONE DAY A WEEK: ^WG Mini Cini Bagel 240 cal ^WG Cinnamon Chex Cup 230 cal ^WG French Toast Sticks 166-406 cal ^WG Rice Krispies or ^WG Cheerios w/ 4 oz. Trix Yogurt 180 cal				
MAY CHOOSE UP TO TWO MUST CHOOSE ONE	Dried Fruit Fresh Fruit Canned Fruit 4 oz. Apple Juice 55-129 cal	Dried Fruit Fresh Fruit Canned Fruit 4 oz. Orange Juice 55-129 cal	Dried Fruit Fresh Fruit Canned Fruit 4 oz. Apple Juice 55-129 cal	Dried Fruit Fresh Fruit Canned Fruit 4 oz. Orange Juice 55-129 cal	Dried Fruit Fresh Fruit Canned Fruit 4 oz. Apple Juice 55-129 cal
	°1% or Fat Free Milk 80-120 cal	°1% or Fat Free Milk 80-120 cal	°1% or Fat Free Milk 80-120 cal	°1% or Fat Free Milk 80-120 cal	°1% or Fat Free Milk 80-120 cal
MAY CHOOSE ONE					



DIVISION FOOD & NUTRITION SERVICES
MONTGOMERY COUNTY PUBLIC SCHOOLS

