### MSMS BREAKFAST MENU
**AUGUST 2017**

#### Get off to a Good Start

#### Eat Breakfast

**MONDAY**
- **Cal= Calories**
- **Fat=grams**
- **SF=Saturated Fat**
- **CHO=Carbohydrates**
- Cereal info on bowl

**TUESDAY**
- OFFERED DAILY
- CHOICE OF CEREAL OR UBR
  - C 270 F 8 SF 3 CHO 44
  - OR BAGEL & CREAM CHEESE
  - C 317 F 10.65 SF 6.1 CHO 47

**WEDNESDAY**
- Lunch Applications
  - One must be filled out yearly.
  - One Lunch Application per household.
  - Lunch is $2.25
  - Breakfast is Free to everyone.
  - Questions: (951) 928-2758

**THURSDAY**
- Lunch Applications online: [www.lunchapplication.com](http://www.lunchapplication.com)
  - or
  - Please pick one up at your child’s school.

**FRIDAY**

### Menu Options:

#### Monday
- **MINI BREAKFAST BITES**
  - Cal 280 Fat 11 SF 5 CHO 43

**Tuesday**
- **MUFFIN**
  - Cal 270 Fat 7 SF 1 CHO 45

**Wednesday**
- **MINI PANCAKES**
  - Cal 170 Fat 5 SF .5 CHO 30.4

**Thursday**
- **CHOCOLATE DONUTS**
  - C 300 F 13 SF 8 CHO 39
  - or
  - **POWDERED DONUTS**
  - C 280 F 10 SF 3 CHO 42

**Friday**
- **MINI PANCAKES**
  - Cal 170 Fat 5 SF .5 CHO 30.4

### Easy Online Payments:
- [www.K12PaymentCenter.com](http://www.K12PaymentCenter.com)

**September 1**
- **CHOCOLATE DONUTS**
  - C 300 F 13 SF 8 CHO 39
  - or
  - **POWDERED DONUTS**
  - C 280 F 10 SF 3 CHO 42

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**Notes:**
- Get off to a Good Start...
- Eat Breakfast...
- “USDA is an equal opportunity provider and employer.”
- “Esta institución es un proveedor que ofrece igualdad de oportunidades.”
- Menu subject to change without notice.