

**NUSD MSMS BREAKFAST MENU
MARCH 2018**



Get off to a Good Start



..... Eat Breakfast



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Cal= Calories Fat=grams SF=Saturated Fat CHO=Carbohydrates Cereal info on bowl</p>	<p>CHOICE OF CEREAL OFFERED DAILY CHOICE OF MILK AND JUICE AND FRESH FRUIT SERVED WITH EACH BREAKFAST</p>		<p>1 PANCAKE & SAUSAGE ON A STICK C 179 F 5.7 SF 1.9 CHO 22.8</p>	<p>2 CHOCOLATE DONUTS C 300 F 13 SF 8 CHO 39 OR POWDERED DONUTS C 280 F 10 SF 3 CHO 42</p>
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>5 GOODY RING C 230 F 11 SF 2 CHO 29</p>	<p>6 PAN DULCE C 250 F 8.9 SF 2 CHO 37.5</p>	<p>7 MUFFIN C 270 F 7 SF 1 CHO 45</p>	<p>8 MINI BREAKFAST BITES C 280 F 11 SF 5 CHO 43</p>	<p>9 CHOCOLATE DONUTS C 300 F 13 SF 8 CHO 39 OR POWDERED DONUTS C 280 F 10 SF 3 CHO 42</p>
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>12 HONEY BUN C 340 F 12 SF 2.5 CHO 50</p>	<p>13 CINNAMON BUN C 230 F 7 SF 2 CHO 37</p>	<p>14 MUFFIN TOP C 240 F 7 SF .5 CHO 42</p>	<p>15 DUTCH WAFFLES C 300 F 13 SF 3 CHO 43</p>	<p>16 CHOCOLATE DONUTS C 300 F 13 SF 8 CHO 39 OR POWDERED DONUTS C 280 F 10 SF 3 CHO 42</p>
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>19 GOODY RING C 230 F 11 SF 2 CHO 29</p>	<p>20 PAN DULCE C 250 F 8.9 SF 2 CHO 37.5</p>	<p>21 MUFFIN C 270 F 7 SF 1 CHO 45</p>	<p>22 MINI PANCAKES C 170 F 5 SF .5 CHO 30.4</p>	<p>23 CHOCOLATE DONUTS C 300 F 13 SF 8 CHO 39 OR POWDERED DONUTS C 280 F 10 SF 3 CHO 42</p>
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>26</p>	<p>27</p>	<p>28</p>	<p>29</p>	<p>30</p>

Spring Recess

3/26/18 - 4/06/18



“USDA is an equal opportunity provider and employer.” “Esta institución es un proveedor que ofrece igualdad de oportunidades.”

Menu subject to change without notice

