

BABY



Black Bean

Meet Your Nutritious Friend:
Baby Black Bean

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Egg & Cheese Croissant Assorted Cereals or Cereal Bar with Graham Crackers	2 Chocolate Chip French Toast Assorted Cereals or Cereal Bar with Graham Crackers	3 No School
6 No School	7 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	8 Bacon, Egg & Cheese Bagel Assorted Cereals or Cereal Bar with Graham Crackers	9 French Toast Sticks with Sausage Assorted Cereals or Cereal Bar with Graham Crackers	10 Dutch Waffle Assorted Cereals or Cereal Bar with Graham Crackers
13 Yogurt Parfait with Toast Assorted Cereals or Cereal Bar with Graham Crackers	14 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	15 Egg, Sausage & Cheese Maple Flatbread Assorted Cereals or Cereal Bar with Graham Crackers	16 Sliced Banana Bread Assorted Cereals or Cereal Bar with Graham Crackers	17 Cheesy Scrambled Eggs with Toast Assorted Cereals or Cereal Bar with Graham Crackers
20 Yogurt Parfait with Toast Assorted Cereals or Cereal Bar with Graham Crackers	21 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	22 Ham, Egg & Cheese Croissant Assorted Cereals or Cereal Bar with Graham Crackers	23 Pancake on a Stick Assorted Cereals or Cereal Bar with Graham Crackers	24 Breakfast Burrito Assorted Cereals or Cereal Bar with Graham Crackers
27 Yogurt Parfait with Toast Assorted Cereals or Cereal Bar with Graham Crackers	28 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	29 Egg, Sausage & Cheese Maple Flatbread Assorted Cereals or Cereal Bar with Graham Crackers	30 Glazed Donuts Assorted Cereals or Cereal Bar with Graham Crackers	

What is a Meal?
Students must choose at least 3 of the 4 components available for the school breakfast price.
- Choice of Whole Grain
- Choice of Protein
- Choice of Fruit or Vegetable
- Choice of Milk
A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable breakfast.

Whole Grain Cereals
(served with graham crackers)
Cinnamon Toast Crunch, Trix, Cocoa Puffs, Lucky Charms, Froot Loops

Choice of Fruit
Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice

Choice of Milk
1% white, fat-free chocolate, fat-free strawberry

Whole Grain Pop-Tarts
Served Daily:
Strawberry
Chocolate Fudge

MUASD
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Meal Prices
Student Breakfast Free
Extra Breakfast \$1.50
Faculty Breakfast \$3.00

