



Meet Your Nutritious Friend:
Avocado-do

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Dutch Waffle Assorted Cereals or Cereal Bar with Graham Crackers
4 Yogurt Parfait with Toast Assorted Cereals or Cereal Bar with Graham Crackers	5 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	6 Bacon, Egg & Cheese Croissant Assorted Cereals or Cereal Bar with Graham Crackers	7 French Toast Sticks with Sausage Assorted Cereals or Cereal Bar with Graham Crackers	8 Mini Cinni Assorted Cereals or Cereal Bar with Graham Crackers
11 Mini Blueberry Donut Holes Assorted Cereals or Cereal Bar with Graham Crackers	12 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	13 Sausage, Egg & Cheese Bagel Assorted Cereals or Cereal Bar with Graham Crackers	14 Chocolate Chip French Toast Assorted Cereals or Cereal Bar with Graham Crackers	15 Breakfast Burrito Assorted Cereals or Cereal Bar with Graham Crackers
18 Pancake on a Stick Assorted Cereals or Cereal Bar with Graham Crackers	19 Chef's Choice Assorted Cereals or Cereal Bar with Graham Crackers	20 Chef's Choice Assorted Cereals or Cereal Bar with Graham Crackers	21 Chef's Choice Assorted Cereals or Cereal Bar with Graham Crackers	22 Breakfast Sandwich Assorted Cereals or Cereal Bar with Graham Crackers
25	26	27	28	29

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, Cheerios

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

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

