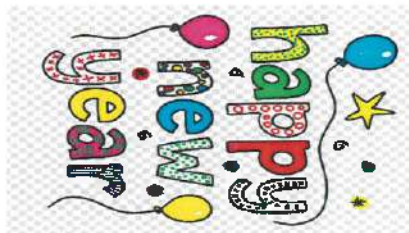


MCHS Breakfast Menu
 2022-2023 School Year
 Menu subject to change depending on product availability



Monday	Tuesday	Wednesday	Thursday	Nutrients
9 Chec. Crescent Apricot Cup Fresh Apple Milk Skim Milk	10 Blueberry Muffin String Cheese Applesauce Fresh Apple Milk Skim Milk	4 Cereal Cinnamon Elf Graham Banana Fresh Apple Milk Skim Milk	5 Apple Fritter Peach Cup Fresh Apple Milk Skim Milk	Cal 588 T.Fat 8.38 G S.Fat 2.5 G Chol 15.0 Mg
16 Porkakes Sausage Links Blueberries Fresh Apple Milk Skim Milk	17 Cinnamon Pull Apart Chilled Pears Fresh Apple Milk Skim Milk	11 Mini Bagel/Cream Cheese Banana Fresh Apple Milk Skim Milk	12 Pancake on a Stick Strawberry Cup Fresh Apple Milk Skim Milk	Cal 576 T.Fat 10.91 G S.Fat 4.2 G Chol 29.2 Mg
23 Mini Bagel/Cream Cheese Pineapple Chunks Fresh Apple Milk Skim Milk	24 Breakfast Pizza Chilled Pears Fresh Apple Milk Skim Milk	18 Blueberry Mini Waffles Applesauce Cup Fresh Apple Milk Skim Milk	19 Yogurt Crunchy Granola Mandarin Oranges Fresh Apple Milk Skim Milk	Cal 656 T.Fat 13.50 G S.Fat 3.9 G Chol 31.3 Mg
30 Sausage/Egg Bite Fruit Mix Fresh Apple Milk Skim Milk	31 Twisted Blueberry Strix Mandarin Oranges Fresh Apple Milk Skim Milk	25 Cheerio Cereal Bar String Cheese Peach Cup Fresh Apple Milk Skim Milk	28 Maple Milk Waffles Strawberries Fresh Apple Milk Skim Milk	Cal 624 T.Fat 9.65 G S.Fat 3.8 G Chol 25.8 Mg
This institution is an equal opportunity provider.				Cal 571 T.Fat 11.79 G S.Fat 7.5 G Chol 42.5 Mg

