

MMSA Dequindre MS/HS Breakfast



| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|--|
| <p>445:400:87</p> | <p>WG Pancake(58) Diced Pear Cup Orange Juice(15) 1% White or FF Chocolate Milk(14)</p> <p>445:400:87 1</p> | <p>Dannon Nonfat Creamy Yogurt (14) Cinnamon Granola(21) Fresh Apple(19) 1% White or FF Chocolate Milk(14)</p> <p>384:305:68 2</p> | <p>Egg & Cheese on WG English Muffin(24) Fresh Banana(23) Orange Juice(15) 1% White or FF Chocolate Milk(14)</p> <p>471:530:76 3</p> | <p>WG Cinnabar (45) Apple Juice(15) Fresh Orange(19) 1% White or FF Chocolate Milk(14)</p> <p>532:400:93 4</p> |
| <p>Cinnamon Toast Crunch Cereal(22) Animal Grahams(20) Apple Juice(15) Mandarin Orange Cup 1% White or FF Chocolate Milk(14)</p> <p>402:415:71 7</p> | <p>WG Pancake(58) Apple Juice(15) Diced Peach Cup 1% White or FF Chocolate Milk(14)</p> <p>445:400:87 8</p> | <p>WG Bagel(30) Fresh Apple(19) 1% White or FF Chocolate Milk(14)</p> <p>504:500:63 9</p> | <p>Egg & Cheese on WG English Muffin(24) Fresh Banana(23) Orange Juice(15) 1% White or FF Chocolate Milk(14)</p> <p>471:530:76 10</p> | <p>No School</p> <p>11</p> |
| <p>Frosted Flakes(25) Mini Vanilla Wafers(19) Apple Juice(15) Pineapple Tibits Cup (13) 1% White or FF Chocolate Milk(14)</p> <p>482:385:86 14</p> | <p>Jumbo Waffle(62) Orange Juice(15) Mixed Fruit Cup 1% White or FF Chocolate Milk(14)</p> <p>482:710:91 15</p> | <p>Dannon Nonfat Creamy Yogurt (14) Cinnamon Granola(21) Fresh Apple(19) 1% White or FF Chocolate Milk(14)</p> <p>384:305:68 16</p> | <p>WG Cinnamon French Toast(44) Fresh Banana(23) Orange Juice(15) 1% White or FF Chocolate Milk(14)</p> <p>457:310:96 17</p> | <p>WG Apple Roll (35) Apple Juice(15) Fresh Orange(19) 1% White or FF Chocolate Milk(14)</p> <p>452:370:83 18</p> |
| <p>Trix Cereal(24) Animal Grahams(20) Diced Pear Cup Orange Juice(15) 1% White or FF Chocolate Milk(14)</p> <p>402:395:73 21</p> | <p>Egg & Cheese on WG English Muffin(24) Apple Juice(15) Mandarin Orange Cup 1% White or FF Chocolate Milk(14)</p> <p>382:530:53 22</p> | <p>WG Bagel(30) Fresh Apple(19) 1% White or FF Chocolate Milk(14)</p> <p>504:500:63 23</p> | <p>WG Pancake(58) Fresh Banana(23) Orange Juice(15) 1% White or FF Chocolate Milk(14)</p> <p>534:400:110 24</p> | <p>WG Goody Bun (34) Apple Juice(15) Fresh Orange(19) 1% White or FF Chocolate Milk(14)</p> <p>492:390:82 25</p> |
| <p>Golden Grahams(24) Animal Grahams(20) Apple Juice(15) Diced Peach Cup 1% White or FF Chocolate Milk(14)</p> <p>402:475:73 28</p> | <p>WG Cinnamon French Toast(44) Orange Juice(15) Pineapple Tibits Cup (13) 1% White or FF Chocolate Milk(14)</p> <p>438:310:86 29</p> | <p>Dannon Nonfat Creamy Yogurt (14) Cinnamon Granola(21) Fresh Apple(19) 1% White or FF Chocolate Milk(14)</p> <p>384:305:68 30</p> | <p>Jumbo Waffle(62) Fresh Banana(23) Orange Juice(15) 1% White or FF Chocolate Milk(14)</p> <p>571:710:114 31</p> <p>Happy Halloween!</p> | <p>445:400:87</p> |



Thought for Thought

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Tips & Information

Columbus is celebrated on the 2nd Monday in October. The day is commemorated as the Columbus Day in United States, as Día de las Culturas (Day of the Cultures) in Costa Rica, as Día de la Hispanidad (Spanish Day), as Día de la Raza (Day of the Race) in many countries in Latin America. Columbus Day became an authorized state holiday in Colorado in 1905. It became a national holiday in 1970 in the United States.

9/26/2019 1:39:45 PM
 Nutrition Key -> Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ()
 AvgCals:454 AvgSod(mg):432 AvgCarbs(g):80
 "or:" = An alternative selection to choose. "WG"=Whole Grain
 1% White & Fat Free Chocolate Milk available daily.
****Menu Subject to Change****

