



Martin Luther King, Jr. Charter School of Excellence
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DECEMBER 2022

Breakfast Menu

12/5	12/6	12/7	12/8	12/9
Banana Chocolate Chip Muffin OR Assorted Cereal Giant Goldfish Cracker Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	French Toast with Maple Syrup OR Assorted Cereal Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Carrot Cake Muffin OR Assorted Cereal Lemon Blueberry Bites Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Blueberry Pocket OR Assorted Cereal Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Egg & Cheese English Muffin OR Assorted Cereal Fresh Whole Fruit 100% Juice 1% or Fat Free Milk
12/12	12/13	12/14	12/15	12/16
Gingersnap Muffin OR Assorted Cereal Giant Goldfish Cracker Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Maple Waffle with Maple Syrup OR Assorted Cereal Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Cinnamon Raisin Bagel w/Jelly OR Assorted Cereal Lemon Blueberry Bites Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Blueberry Muffin OR Assorted Cereal Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Pork Bacon & Egg Pocket OR Assorted Cereal Fresh Whole Fruit 100% Juice 1% or Fat Free Milk
12/19	12/20	12/21	12/22	12/23
Doughnut Muffin OR Assorted Cereal Giant Goldfish Cracker Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Danimals Yogurt with Granola OR Assorted Cereal Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Apple Pocket OR Assorted Cereal Lemon Blueberry Bites Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Chefs Choice OR Assorted Cereal Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Chefs Choice OR Assorted Cereal Fresh Whole Fruit 100% Juice 1% or Fat Free Milk

Menú de desayuno

12/5	12/6	12/7	12/8	12/9
<p>Muffin de plátano con chispas de chocolate ☐ cereales surtidos Galleta gigante de pez dorado Fruta entera fresca 100 % jugo Leche al 1 % o sin grasa</p>	<p>Tostada francesa con jarabe de arce ☐ surtido Cereal Fruta entera fresca Jugo 100 % Leche al 1 % o sin grasa</p>	<p>Muffin de pastel de zanahoria ☐ Cereal variado Bocaditos limón y arándanos Fruta entera fresca Jugo al 100 % Leche al 1 % o sin grasa</p>	<p>Bolsillo de arándanos ☐ Cereal variado Fruta entera fresca Jugo al 100 % sin grasa o al 1 % Leche</p>	<p>Huevo y Queso English Muffin ☐ Cereal Surtido Fruta Entera Fresca 100% Jugo 1% o Leche Sin Grasa</p>
12/12	12/13	12/14	12/15	12/16
<p>Gingernap Muffin ☐ Cereal Surtido Galleta Gigante Goldfish Fruta Entera Fresca 100% Jugo Leche 1% o sin grasa</p>	<p>Waffle de arce con jarabe de arce ☐ Cereales variados Fruta entera fresca Jugo 100% Leche 1% o sin grasa</p>	<p>Bagel de canela con pasas con jalea ☐ Cereal variado Bocaditos limón y arándanos Fruta entera fresca Jugo 100% Leche 1% o sin grasa</p>	<p>Muffin de Arándanos ☐ Cereal Surtido Fruta Entera Fresca 100% Jugo 1% o Leche sin grasa</p>	<p>cerdo con tocino y huevo ☐ Cereal variado Fruta entera fresca Jugo 100 % Leche 1 % o sin grasa</p>
12/19	12/20	12/21	12/22	12/23
<p>rosquilla ☐ Cereal variado Galleta gigante de pez dorado Fruta entera fresca 100 % de jugo Leche sin grasa o al 1%</p>	<p>Danimals Yogurt con granola ☐ Cereal variado Fruta entera fresca Jugo 100 % Leche sin grasa o al 1%</p>	<p>Apple Pocket ☐ Cereal arándano y limón Fruta entera fresca Jugo al 100 % Leche sin grasa o al 1%</p>	<p>Elección ☐ Cereales surtidos Fruta entera fresca 100 % jugo Leche 1 % o sin grasa</p>	<p>Elección ☐ Cereales surtidos Fruta entera fresca 100 % jugo Leche 1 % o libre de grasa</p>