MOENCOPI DAY SCHOOL



-2024

BREAKFAST

MONDAY

TUESDAY

Oatmeal Muffin Squares
Strawberry Yogurt
Blueberries
Fresh Banana
Assorted Milk

WEDNESDAY

THURSDAY

Huevos Rancheros Assorted Juice Watermelon Assorted Milk FRIDAY

Pancake on a Stick Syrup Pineapple Tidbits Orange Smiles Assorted Milk

Nutrition Tip: Get started cooking more often at home: If you don't usually cook, start gradually. Make it a goal to cook once a week and work up to cooking more often.

Reference: USDA MyPlate



Blue Corn Mush
Scrambled Eggs w/
Sausage
Sliced Peaches
Mixed Berries
Assorted Milk

Egg & Sausage Sandwich Assorted Juice Orange Smiles Assorted Milk WG Bagels Cream Cheese Fruit Cocktail Watermelon Assorted Milk

Breakfast Pizza Assorted Juice Strawberries & Bananas Assorted Milk WG Biscuit
Cheesy Scrambled Eggs
Diced Pears
Orange Smiles
Assorted Milk

French Toast Sticks
Syrup
Sausage Patty
Assorted Juice
Blueberries
Assorted Milk

Breakfast Burrito
Mild Salsa
Fresh Apple
Orange Smiles
Assorted Milk

Blue Corn Mush
Hard Boiled Egg
Assorted Juice
Fresh Grapes
Assorted Milk

6 Whole Grain Toast
Assorted Jelly
Scrambled Eggs
Diced Peaches
Watermelon
Assorted Milk

Pumpkin Chocolate Chip Muffin Strawberry Yogurt Applesauce Orange Smiles Assorted Milk

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Breakfast Taco Mild Salsa Assorted Juice Fruit Cocktail Assorted Milk Whole Grain Pancakes
Syrup

Cinnamon Apple Slices Fresh Grapes Assorted Milk 22

Fruit & Yogurt Parfait
Honey Graham
Crackers
Cantaloupe
Assorted Milk

Cinnamon Rolls Hard Boiled Egg Tater Tots Fresh Apple Assorted Milk 24

Blueberry Muffin Squares Assorted Yogurt Assorted Juice Orange Smiles Assorted Milk

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Adult Breakfast \$2.75 Sides \$1.50 Milk \$0.50

This Institution is an equal opportunity.

MAY SUBJECT TO CHANGE

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