

NMSD Food-Based Meal Pattern - Cycle Menu BREAKFAST 2018-2019 - Grades Pre-K - 12

WEEKS OF CYCLE 1: Sept 3, Oct 1, Oct 29, Dec 3, Jan 14, Feb 11, Mar 18, Apr 15, May 13

WEEKS OF CYCLE 2: Aug 13, Sept 10, Oct 8, Nov 5, Dec 10, Jan 21, Feb 18, Mar 25, Apr 22, May 20

WEEKS OF CYCLE 3: Aug 20, Sept 17, Oct 15, Nov 12, Dec 17, Jan 28, Feb 25, Apr 1, Apr 29, May 27

WEEKS OF CYCLE 4: Aug 27, Sept 24, Oct 22, Nov 26, Jan 7, Feb 4, Mar 4, Apr 8, May 6 *PLEASE NOTE: Menus are subject to occasional change due to product availability*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST CYCLE WEEK ONE	Scrambled Eggs	Pinto Bean and Cheddar Cheese	Traditional Pancakes with	NMSD' Muffin Breakfast Sandwiches	Sausage Pancake Poppers
	WG Toast, Buttery Spread & Jelly	Soft Tacos	Fresh Strawberries	with Grilled Ham	
	Turkey Bacon	Salsa	Syrup & Buttery Spread		
	Sidekick Variety / Fruit Cup	Fruit Cup	Fruit Cup / Yogurt Cups	Fruit Cup	Fruit Cup
	Assorted Whole Grain Cereals	Assorted Whole Grain Cereals	Assorted Whole Grain Cereals	Assorted Whole Grain Cereals	Assorted Whole Grain Cereals
	& Fresh Fruit Garnish	& Fresh Fruit Garnish	& Fresh Fruit Garnish	& Fresh Fruit Garnish	& Fresh Fruit Garnish
	100% Juice	100% Juice	100% Juice	100% Juice	100% Juice
White, Chocolate & Strawberry Milk	White, Chocolate & Strawberry Milk	White, Chocolate & Strawberry Milk	White, Chocolate & Strawberry Milk	White, Chocolate & Strawberry Mi	
BREAKFAST CYCLE WEEK TWO	Triple Berry Muffins	Breakfast Tomados	Banana Pancakes with Walnuts	Egg, Cheese & Hashbrown	Waffles & Fresh Strawberries
	Buttery Spread & Jelly		Syrup & Buttery Spread	Breakfast Burrito	Syrup & Buttery Spread
	String Cheese		Yogurt Cups	Salsa	Turkey Bacon
	Sidekick Variety / Fruit Cup	Fruit Cup	Fruit Cup	Fruit Cup	Fruit Cup
	Assorted Whole Grain Cereals	Assorted Whole Grain Cereals	Assorted Whole Grain Cereals	Assorted Whole Grain Cereals	Assorted Whole Grain Cereals
	& Fresh Fruit Garnish	& Fresh Fruit Garnish	& Fresh Fruit Garnish	& Fresh Fruit Garnish	& Fresh Fruit Garnish
	100% Juice	100% Juice	100% Juice	100% Juice	100% Juice
White, Chocolate & Strawberry Milk	White, Chocolate & Strawberry Milk	White, Chocolate & Strawberry Milk	White, Chocolate & Strawberry Milk	White, Chocolate & Strawberry Mi	
BREAKFAST CYCLE WEEK THREE	Hearty Blueberry Muffins	NMSD' Muffin Breakfast Sandwiches	WG Chocolate Chip Banana Bread	Potato, Cheese & Bacon	Cinnamon Rolls
	Buttery Spread & Jelly	with Sausage Patties	Colby Cheese Sticks	Buritos	Boiled Eggs
	Yogurt Cups			Salsa	
	Sidekick Variety /Fruit Cup	Fruit Cup	Fruit Cup	Fruit Cup	Fruit Cup
	Assorted Whole Grain Cereals	Assorted Whole Grain Cereals	Assorted Whole Grain Cereals	Assorted Whole Grain Cereals	Assorted Whole Grain Cereals
	& Fresh Fruit Garnish	& Fresh Fruit Garnish	& Fresh Fruit Garnish	& Fresh Fruit Garnish	& Fresh Fruit Garnish
	100% Juice	100% Juice	100% Juice	100% Juice	100% Juice
White, Chocolate & Strawberry Milk	White, Chocolate & Strawberry Milk	White, Chocolate & Strawberry Milk	White, Chocolate & Strawberry Milk	White, Chocolate & Strawberry Mi	
BREAKFAST CYCLE WEEK FOUR	Blueberry Pancakes	Cheddar Omelets	Fantastic French Toast	Potato, Egg & Cheese	Assorted Breakfast Pizza
	Syrup & Buttery Spread	Whole Grain Biscuits	Cinnamon, Syrup & Buttery Spread	Breakfast Quesadillas	
	Yogurt Cups	Buttery Spread & Jelly	Turkey Bacon	Salsa	
	Sidekick Variety / Fruit Cup	Fruit Cup	Fruit Cup	Fruit Cup	Fruit Cup
	Assorted Whole Grain Cereals	Assorted Whole Grain Cereals	Assorted Whole Grain Cereals	Assorted Whole Grain Cereals	Assorted Whole Grain Cereals
	& Fresh Fruit Garnish	& Fresh Fruit Garnish	& Fresh Fruit Garnish	& Fresh Fruit Garnish	& Fresh Fruit Garnish
	100% Juice	100% Juice	100% Juice	100% Juice	100% Juice
White, Chocolate & Strawberry Milk	White, Chocolate & Strawberry Milk	White, Chocolate & Strawberry Milk	White, Chocolate & Strawberry Milk	White, Chocolate & Strawberry Mi	

Milk served is 1% White, Fat Free Chocolate & Fat Free Strawberry