

## NMSD Food-Based Meal Pattern - Cycle Menu BREAKFAST 2017 - 2018 - Grades Pre-K - 12

**WEEKS OF CYCLE 1:** 8/14, 9/1, 10/9, 11/6, 12/11, 1/22, 2/26, 3/26, 4/1, 5/28

**WEEKS OF CYCLE 2:** 8/21, 9/18, 10/16, 11/13, 12/18, 1/29, 3/5, 4/9, 5/7

**WEEKS OF CYCLE 3:** 8/28, 9/25, 10/23, 11/27, 1/8, 2/12, 3/12, 4/16, 5/14

**WEEKS OF CYCLE 4:** 9/4, 10/2, 10/30, 12/4, 1/15, 2/19, 3/19, 4/23, 5/21

*PLEASE NOTE: Menus are subject to occasional change due to product availability*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST CYCLE WEEK ONE</b>	Scrambled Eggs	Pinto Bean and Cheddar Cheese	Traditional Pancakes with	NMSD'Muffin Breakfast Sandwiches	Yogurt Parfaits
	WG Toast, Buttery Spread & Jelly	Soft Tacos	Fresh Strawberries	with Grilled Ham	with Fruit and Granola
	Turkey Bacon	Fresh Salsa	Syrup & Buttery Spread		
	Sidekick Variety / Mixed Fruit	Applesauce	Mandarin Oranges / Yogurt Cups	Tropical Fruit Salad	Diced Pears
	Assorted Whole Grain Cereals	Assorted Whole Grain Cereals	Assorted Whole Grain Cereals	Assorted Whole Grain Cereals	Assorted Whole Grain Cereals
	Fresh Fruit Garnish - Blueberries	Fresh Fruit Garnish - Blackberries	Fresh Fruit Garnish - Raspberries	Fresh Fruit Garnish - Bananas	Fresh Fruit Garnish - Bananas
	100% Cranberry Juice	100% Orange Juice	100% Apple Juice	100% Pineapple Juice	100% Cranberry Juice
	1% White & Chocolate Fat Free Milk	1% White & Chocolate Fat Free Milk	1% White & Chocolate Fat Free Milk	1% White & Chocolate Fat Free Milk	1% White & Chocolate Fat Free Milk
<b>BREAKFAST CYCLE WEEK TWO</b>	Triple Berry Muffins	Ham & Swiss Omelets	Banana Pancakes with Walnuts	Egg, Cheese & Hashbrown	Waffle Sticks & Fresh Strawberries
	Buttery Spread & Jelly	WG Toast, Buttery Spread & Jelly	Syrup & Buttery Spread	Breakfast Burrito	Syrup & Buttery Spread
	String Cheese		Yogurt Cups	Fresh Salsa	Turkey Bacon
	Sidekick Variety / Pineapple Tidbits	Diced Pears	Tropical Fruit Salad	Mixed Fruit	Applesauce
	Assorted Whole Grain Cereals	Assorted Whole Grain Cereals	Assorted Whole Grain Cereals	Assorted Whole Grain Cereals	Assorted Whole Grain Cereals
	Fresh Fruit Garnish - Blueberries	Fresh Fruit Garnish - Blackberries	Fresh Fruit Garnish - Raspberries	Fresh Fruit Garnish - Bananas	Fresh Fruit Garnish - Bananas
	100% Orange Juice	100% Apple Juice	100% Pineapple Juice	100% Cranberry Juice	100% Orange Juice
	1% White & Chocolate Fat Free Milk	1% White & Chocolate Fat Free Milk	1% White & Chocolate Fat Free Milk	1% White & Chocolate Fat Free Milk	1% White & Chocolate Fat Free Milk
<b>BREAKFAST CYCLE WEEK THREE</b>	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	Burritos	Boiled Eggs
	Yogurt Cups			Fresh Salsa	
	Sidekick Variety /Mandarin Oranges	Diced Pears	Pineapple Tidbits	Diced Peaches	Tropical Fruit Salad
	Assorted Whole Grain Cereals	Assorted Whole Grain Cereals	Assorted Whole Grain Cereals	Assorted Whole Grain Cereals	Assorted Whole Grain Cereals
	Fresh Fruit Garnish - Blueberries	Fresh Fruit Garnish - Blackberries	Fresh Fruit Garnish - Raspberries	Fresh Fruit Garnish - Bananas	Fresh Fruit Garnish - Bananas
	100% Apple Juice	100% Pineapple Juice	100% Cranberry Juice	100% Orange Juice	100% Apple Juice
	1% White & Chocolate Fat Free Milk	1% White & Chocolate Fat Free Milk	1% White & Chocolate Fat Free Milk	1% White & Chocolate Fat Free Milk	1% White & Chocolate Fat Free Milk
<b>BREAKFAST CYCLE WEEK FOUR</b>	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 Fresca	
	Sidekick Variety / Mixed Fruit	Applesauce	Diced Pears	Mandarin Oranges	Diced Peaches
	Assorted Whole Grain Cereals	Assorted Whole Grain Cereals	Assorted Whole Grain Cereals	Assorted Whole Grain Cereals	Assorted Whole Grain Cereals
	Fresh Fruit Garnish - Blueberries	Fresh Fruit Garnish - Blackberries	Fresh Fruit Garnish - Raspberries	Fresh Fruit Garnish - Bananas	Fresh Fruit Garnish - Bananas
	100% Pineapple Juice	100% Cranberry Juice	100% Orange Juice	100% Apple Juice	100% Pineapple Juice
	1% White & Chocolate Fat Free Milk	1% White & Chocolate Fat Free Milk	1% White & Chocolate Fat Free Milk	1% White & Chocolate Fat Free Milk	1% White & Chocolate Fat Free Milk