

MOUNTAIN VIEW CHRISTIAN SCHOOLS



MAY

9th- 12th Grade
BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Banana Bread Apple (1/2 C) Mandarin Orange (1/2C) 1% Low Fat White Fat Free White Milk	2 Waffle w/ Syrup Banana (1/2 C) Pear (1/2 C) 1% Low Fat White Fat Free White Milk	3 Cinnamon Chex Cereal w/ Honey Grahams Pear (1/2 C) Apple (1/2 C) 1% Low Fat White Fat Free White Milk
6 Mantecada Sweet Bread Apple (1/2 C) Orange (1/2 C) 1% Low Fat White Fat Free White Milk	7 Vanilla Concha Pear (1/2 C) Orange (1/2 C) 1% Low Fat White Fat Free White Milk	8 Cinnamon Roll Apple (1/2 C) 100% Fruit Juice 4 oz 1% Low Fat White Fat Free White Milk	9 Lemon Muffin Pear (1/2 C) Banana (1/2 C) 1% Low Fat White Fat Free White Milk	10 Berry Apple Zee Zee Bar Apple (1/2 C) Pear (1/2 C) 1% Low Fat White Fat Free White Milk
13 Cheerios Cereal w/ Honey Grahams Apple (1/2 C) Orange (1/2 C) 1% Low Fat White Fat Free White Milk	14 Vanilla Concha Pear (1/2 C) Orange (1/2 C) 1% Low Fat White Fat Free White Milk	15 Yogurt w/ Honey Grahams Apple (1/2 C) 100% Fruit Juice 4 oz 1% Low Fat White Fat Free White Milk	16 Vanilla Muffin Pear (1/2 C) Banana (1/2 C) 1% Low Fat White Fat Free White Milk	17 Conchita w/ String Cheese Apple (1/2 C) Pear (1/2 C) 1% Low Fat White Fat Free White Milk
20 Cinnamon Crumble Apple (1/2 C) Orange (1/2 C) 1% Low Fat White Fat Free White Milk	21 Vanilla Concha Pear (1/2 C) Orange (1/2 C) 1% Low Fat White Fat Free White Milk	22 Frosted Flakes Cereal w/ Honey Grahams Apple (1/2 C) 100% Fruit Juice 4 oz 1% Low Fat White Fat Free White Milk	23 Blueberry Muffin Pear (1/2 C) Banana (1/2 C) 1% Low Fat White Fat Free White Milk	24 Cranberry Oatmeal Round Apple (1/2 C) Pear (1/2 C) 1% Low Fat White Fat Free White Milk



All entrées served with choice of 1% milk or fat free milk. All grain items offered are Whole Grain Rich.
This institution is an equal opportunity provider. **Menus are subject to change without notice.**