

THE MARKET MENU

December 2023

Muskegon Montessori Academy for Environmental Change

Breakfast

MONDAY

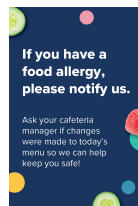
TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1



Menus Subject to Change We try our best to serve our menus as posted; however, sometimes last minute changes occur. Please check with the cafe manager prior to the meal if you have any concerns.

- Breakfast
- Cinnamon Ultimate Breakfast Round
 - Bunny Graham Friends
 - Tropical Fruit Cocktail
 - Fresh Whole Fruit
 - 1% Low-fat Milk
 - Chocolate Low Fat Milk

4

- Breakfast
- Golden Grahams
 - Strawberry Banana Bash Yogurt
 - Tropical Fruit Cocktail
 - Fresh Whole Fruit
 - 1% Low-fat Milk
 - Chocolate Low Fat Milk

5

- Breakfast
- Frosted Strawberry Pop-Tart
 - Low Fat Mozzarella String Cheese
 - Tropical Fruit Cocktail
 - Fresh Whole Fruit
 - 1% Low-fat Milk
 - Chocolate Low Fat Milk

6

- Breakfast
- Whole Grain Blueberry Muffin
 - Strawberry Banana Bash Yogurt
 - Tropical Fruit Cocktail
 - Fresh Whole Fruit
 - 1% Low-fat Milk
 - Chocolate Low Fat Milk

7

- Breakfast
- Mini Confetti Pancakes
 - Low Fat Mozzarella String Cheese
 - Tropical Fruit Cocktail
 - Fresh Whole Fruit
 - 1% Low-fat Milk
 - Chocolate Low Fat Milk

8

- Breakfast
- Apple Cinnamon Soft Oatmeal Round
 - Strawberry Banana Bash Yogurt
 - Tropical Fruit Cocktail
 - Fresh Whole Fruit
 - 1% Low-fat Milk
 - Chocolate Low Fat Milk

11

- Breakfast
- Apple Cinnamon Cheerios
 - Strawberry Banana Bash Yogurt
 - Tropical Fruit Cocktail
 - Fresh Whole Fruit
 - 1% Low-fat Milk
 - Chocolate Low Fat Milk

12

- Breakfast
- Cinnamon Cream Cheese Stuffed Bagel
 - Low Fat Mozzarella String Cheese
 - Tropical Fruit Cocktail
 - Fresh Whole Fruit
 - 1% Low-fat Milk
 - Chocolate Low Fat Milk

13

- Breakfast
- Strawberry Nutrigrain Bar
 - Tiger Graham Crackers
 - Tropical Fruit Cocktail
 - Fresh Whole Fruit
 - 1% Low-fat Milk
 - Chocolate Low Fat Milk

14

- Breakfast
- Mini Maple Madness Waffles
 - Strawberry Banana Bash Yogurt
 - Tropical Fruit Cocktail
 - Fresh Whole Fruit
 - 1% Low-fat Milk
 - Chocolate Low Fat Milk

15

- Breakfast
- Lucky Charms
 - Tiger Graham Crackers
 - Tropical Fruit Cocktail
 - Fresh Whole Fruit
 - 1% Low-fat Milk
 - Chocolate Low Fat Milk

18

- Breakfast
- Apple Cinnamon Cheerios
 - Tiger Graham Crackers
 - Tropical Fruit Cocktail
 - Fresh Whole Fruit
 - 1% Low-fat Milk
 - Chocolate Low Fat Milk

19

- Breakfast
- Frosted Strawberry Pop-Tart
 - Low Fat Mozzarella String Cheese
 - Tropical Fruit Cocktail
 - Fresh Whole Fruit
 - 1% Low-fat Milk
 - Chocolate Low Fat Milk

20

- Breakfast
- Whole Grain Blueberry Muffin
 - Low Fat Mozzarella String Cheese
 - Tropical Fruit Cocktail
 - Fresh Whole Fruit
 - 1% Low-fat Milk
 - Chocolate Low Fat Milk

21

- Breakfast
- Mini Confetti Pancakes
 - Strawberry Banana Bash Yogurt
 - Tropical Fruit Cocktail
 - Fresh Whole Fruit
 - 1% Low-fat Milk
 - Chocolate Low Fat Milk

22

- Breakfast
- Banana Chocolate Chip Soft Oatmeal Round
 - Tiger Graham Crackers
 - Tropical Fruit Cocktail
 - Fresh Whole Fruit
 - 1% Low-fat Milk
 - Chocolate Low Fat Milk

25

26

27

28

29

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