

MOUNT UNION JR/SR HIGH

OCTOBER 2024



MONDAY


TUESDAY
10/1/2024



WEDNESDAY
2


THURSDAY
3



FRIDAY
4

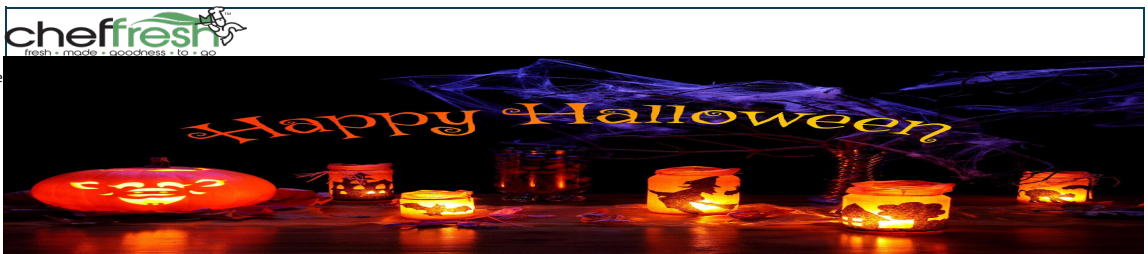
				
	Entrée Walking Taco pretzel sticks	Entrée Popcorn Chicken and Mashed Potato Bowl topped with Cheddar Cheese w/ Dinner Roll	Entrée Monte Cristo on french toast	Entrée Buffalo Chicken on flatbread
	FEATURED VEGGIES Seasoned Rice Red Pepper Strips Choice of Fruit Choice of Milk	FEATURED VEGGIES Steamed Corn Cherry Tomatoes Choice of Fruit Choice of Milk	FEATURED VEGGIES Baked Potato w/ Fixings Chickpea Salad Choice of Fruit Choice of Milk	FEATURED VEGGIES Oven Fries Steamed Carrots Featured Fruit Choice of Milk
7	8	9	10	11

				
Entrée Chicken Alfredo with a garlicstick	Entrée Turkey Club Sandwich	Entrée Hot Turkey with aravv	Entrée Fajita Grill Chicken Fajitas in Soft Tortilla w/ Sautéed Peppers and Onions	Entrée Buffalo Chicken Dip Over Fries
FEATURED VEGGIES Steamed Peas Cherry Tomatoes Featured Fruit Choice of Milk	FEATURED VEGGIES Tator Tots Curried Chickpea Salad Featured Fruit/ Milk Chicken Noodle Soup	FEATURED VEGGIES Mashed Potatoes Baby Carrots Featured Fruit Choice of Milk	FEATURED VEGGIES Ranch refried Bean Dip Fresh Pico De Gallo Featured Fruit Choice of Milk	FEATURED VEGGIES Steamed Broccoli Tomato Wedges Featured Fruit Choice of Milk
14	15	16	17	18

				
NO SCHOOL 	Entrée Chicken Patty on a roll	Entrée Hot Sausage on a roll	Entrée Bacon Cheeseburger	Entrée Hot Ham and Cheese Pretzel Melt
	FEATURED VEGGIES Baked Beans Red Pepper strips Featured Fruit Choice of Milk	FEATURED VEGGIES Steamed Broccoli Cherry tomatoes Featured Fruit Choice of Milk	FEATURED VEGGIES Au gratin Potatoes Baby Carrots Featured Fruit Choice of Milk	FEATURED VEGGIES Sweet Potato Fries Mandarin Spring Salad Featured Fruit Choice of Milk
21	22	23	24	25

				
Entrée Spaghetti & Meatballs w/ garlicstick	Entrée Toasted Cheese	Entrée Chicken & Waffles	Entrée Stromboli	Entrée Buffalo Chicken Flatbread
FEATURED VEGGIES Steamed Green Beans Romaine Salad Featured Fruit Choice of Milk	FEATURED VEGGIES Tomato Soup Red Pepper Strips Featured Fruit Choice of Milk	FEATURED VEGGIES Mashed Potatoes Steamed Corn Featured Fruit Choice of Milk	FEATURED VEGGIES Pasta Salad Baby Carrots Featured Fruit Choice of Milk	FEATURED VEGGIES Roasted Zucchini Tomato Wedges Featured Fruit Choice of Milk
28				

				
Entrée Pizza Casserole with a garlic stick	Entrée Chicken Quesadilla	Entrée Chicken Alfredo with a garlic stick	Entrée Pizza Burger	
FEATURED VEGGIES Steamed Green Beans Baby Carrots Featured Fruit Choice of Milk	FEATURED VEGGIES Refried Beans Seasoned Rice Featured Fruit Choice of Milk	FEATURED VEGGIES Steamed Peas Cherry Tomatoes Featured Fruit Choice of Milk	FEATURED VEGGIES Steamed Green Beans Romaine Salad Featured Fruit Choice of Milk	



What is a Meal?
You must choose at least 3 of the 5 components available for the school lunch price. A minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a reimbursable lunch.

- Meat or Meat Alternate
- Choice of Vegetable
- Choice of Fruit
- Grain/Bread
- Choice of Milk



Offering a variety of Chef Inspired Creations



ALL STUDENT LUNCHES ARE FREE!!

RUNKUNWN!
All ala carte and 2nd lunches are charged at regular price

Adult \$4.75

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USDA is an equal opportunity provider and employer.