

## Mount Union JR/SR High- October 2024

	Tuesday	Wednesday	Thursday	Friday	What is a Meal?
	,	,	1	,	You must choose at least 3 of the 4 components available for the school breakfast price.
	10/1/24	10/2/24	10/3/24	10/4/24	
<b>N</b>	Sausage, egg & cheese on a	Apple Strudel	Ham, egg, & cheese on a	Breakfast Burrito	
	whole grain croissant	Or	wheat english muffin	or	Choice of: Grain or grain/protein Choice of fruit or vegetable (must take at least a 1/2 cup) and Choice of Milk Choice of Milk - 1% white or fat-free chocolate You must take at least 1/2 cup of fruit or vegetable
y <b>see</b>	or	Assorted Cereals or Cereal Bar	or	Assorted Cereals or Cereal Bar	
	Assorted Cereals or Cereal Bar	with mini loaf	Assorted Cereals or Cereal Bar	with mini loaf	
	with mini loaf		with mini loaf		
	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	
	& Assorted Fresh	& Assorted Fresh	& Assorted Fresh	& Assorted Fresh	
	or Canned Fruit	or Canned Fruit	or Canned Fruit	or Canned Fruit	
10/7/04	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	
10/7/24	10/8/24	10/9/24	10/10/24	10/11/24	
French Toast Sticks with Syrup	Sausage, egg & cheese	Dutch Waffle	Ham, egg & cheese	Blueberry Muffin	
or	on a whole grain bagel	or	on a maple flatbread	or	
Assorted Cereals or Cereal Bar	or	Assorted Cereals or Cereal Bar	or	Assorted Cereals or Cereal Bar	Whole Grain Cereal
with crackers	Assorted Cereals or Cereal Bar	with crackers	Assorted Cereals or Cereal Bar	with crackers	Selection May Include:
	with crackers		with crackers		Cinnamon Toast Crunch Trix
Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	
& Assorted Fresh	& Assorted Fresh	& Assorted Fresh	& Assorted Fresh	& Assorted Fresh	Cocoa Puffs
or Canned Fruit	or Canned Fruit	or Canned Fruit	or Canned Fruit	or Canned Fruit	Fruity Cheerios
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	Rice Crunch Kix
10/14/24	10/15/24	10/16/24	10/17/24	10/18/24	Cheerios
Blueberry Donut Holes	Sausage, egg & cheese on a	Pancakes & Sausage links	Sausage, egg, & cheese on a	Apple Strudel	Fruit Loops
or	whole grain croissant	or	wheat english muffin	or	Frosted Flakes
Assorted Cereals or Cereal Bar	or	Assorted Cereals or Cereal Bar	or	Assorted Cereals or Cereal Bar	Served with Terret
with crackers	Assorted Cereals or Cereal Bar	with crackers	Assorted Cereals or Cereal Bar	with crackers	Served with Toast
	with crackers		with crackers		
Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Fruit May Include:
& Assorted Fresh	& Assorted Fresh	& Assorted Fresh	& Assorted Fresh	& Assorted Fresh	Canned peaches, applesauce, pears, pineapple, fruit cocktail, mandarin oranges, 100% juice , fresh fruit selection including , bananas and oranges
or Canned Fruit	or Canned Fruit	or Canned Fruit	or Canned Fruit	or Canned Fruit	
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	
10/21/24	10/22/24	10/23/24	10/24/24	10/25/24	
Donuts	Sausage, egg & cheese	Yogurt Parfait or	Sausage, egg & cheese on a	Dutch Waffle	
or	on a whole grain bagel	Pancake on a Stick	whole grain croissant	or	
Assorted Cereals or Cereal Bar	or	or	or	Assorted Cereals or Cereal Bar	
with crackers	Assorted Cereals or Cereal Bar	Assorted Cereals or Cereal Bar	Assorted Cereals or Cereal Bar	with crackers	Debbie Lear
	with crackers	with crackers	with crackers		General Manager
Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	ma1037 @metzcorp.com
& Assorted Fresh	& Assorted Fresh	& Assorted Fresh	& Assorted Fresh	& Assorted Fresh	814-542-2518 #126
or Canned Fruit	or Canned Fruit	or Canned Fruit	or Canned Fruit	or Canned Fruit	1 - Carlos Carlos (1997) - Car
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	
10/28/24	10/29/24	10/30/24	10/31/24	11/1/24	9
French Toast Sticks with Syrup	Sausage, egg, & cheese on a	Yeast Donuts	Ham, egg & cheese	MT 34 -	
or	wheat english muffin	or	on a maple flatbread		
Assorted Cereals or Cereal Bar	or	Assorted Cereals or Cereal Bar	or		
with crackers	Assorted Cereals or Cereal Bar	with crackers	Assorted Cereals or Cereal Bar		
	with crackers		with crackers		
	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice		
Assorted 100% Fruit Juice			I		7-
Assorted 100% Fruit Juice & Assorted Fresh	& Assorted Fresh	& Assorted Fresh	& Assorted Fresh		L
	& Assorted Fresh or Canned Fruit	& Assorted Fresh or Canned Fruit	& Assorted Fresh or Canned Fruit		ں USDA is an equal opportunity
& Assorted Fresh					لی USDA is an equal opportunity provider and employer.