

Mount Union Elementary- October 2024

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Monday	Tuesday	Wednesday	Thursday	Friday
9/30/24	10/1/24	10/2/24	10/3/24	10/4/24
	Breakfast Pizza	Pancakes	Breakfast Sandwich	Dutch Waffle
	or	or	or	or
	Assorted Cereals or Cereal Bar	Assorted Cereals or Cereal Bar	Assorted Cereals or Cereal Bar	Assorted Cereals or Cereal Bar
	with crackers	with mini loaf	with crackers	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
	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
Pancake on a stick	Breakfast Pizza	Blueberry Muffin	French Toast Sticks &	Cherry Strudel
or	or	or	sauasage links with Syrup	or
Assorted Cereals or Cereal Bar	Assorted Cereals or Cereal Bar	Assorted Cereals or Cereal Bar		Assorted Cereals or Cereal Bar
with mini loaf	with crackers	with mini loaf	Assorted Cereals or Cereal Bar	with mini loaf
			with crackers	
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
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
10/14/24 NO	10/15/24 Breakfast Pizza	10/16/24	10/17/24	10/18/24
SCHOOL		Chocolate Donut	Apple Strudel	Dutch Waffle
SUNUUL	or Assorted Cereals or Cereal Bar	or Assorted Cereals or Cereal Bar	or Assorted Cereals or Cereal Bar	Or Asserted Carasia as Carasi Da
				Assorted Cereals or Cereal Ba
#	with crackers	with mini loaf	with crackers	with mini loaf
1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	Assorted 100% Fruit Juice	Apparted 1000/ Emit Juice	Appented 1000/ Equit luice	Asserted 1000/ Emit Juice
5 " <u>"</u>		Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice
	& Assorted Fresh or Canned Fruit	& Assorted Fresh or Canned Fruit	& Assorted Fresh or Canned Fruit	& Assorted Fresh or Canned Fruit
39				
10/21/24	Choice of Milk 10/22/24	Choice of Milk 10/23/24	Choice of Milk 10/24/24	Choice of Milk 10/25/24
Strawberry Mini Bagel	Breakfast Pizza	Egg,Cheese& Sausage	French Toast Sticks &	Dutch Waffle
or or	or	on WW english muffin	sauasage links with Syrup	or
Assorted Cereals or Cereal Bar	Assorted Cereals or Cereal Bar	or or	Or	Assorted Cereals or Cereal Ba
with mini loaf	with crackers	Assorted Cereals or Cereal Bar	Assorted Cereals or Cereal Bar	with mini loaf
With Hills Total	With Gracional	with mini loaf	with crackers	Williamiodi
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
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
10/28/24	10/29/24	10/30/24	10/31/24	11/1/24
Sliced Banana Bread	Breakfast Pizza	Breakfast Burrito	Cinni Mini Rolls	
or	or	or	or	
Assorted Cereals or Cereal Bar	Assorted Cereals or Cereal Bar	Assorted Cereals or Cereal Bar	Assorted Cereals or Cereal Bar	Trick
with mini loaf	with crackers	with mini loaf	with crackers	Treat
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	- 1 (Marie 1)
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	

What is a Meal?

You must choose at least 3 of the 4 components available for the school breakfast price.

Choice of: Grain or grain/protein Choice of fruit or vegetable (must take at least a 1/2 cup) and

Choice of Milk - 1% white, Fat free chocolate

You must take at least 1/2 cup of fruit or vegetable

Whole Grain Cereal Selection May Include:

Cinnamon Toast Crunch
Trix
Cocoa Puffs
Fruity Cheerios
Rice Crunch
Kix
Cheerios
Fruit Loops
Frosted Flakes

Served with Toast

Fruit May Include:

Canned peaches, applesauce, pears, pineapple, fruit cocktail, mandarin oranges, 100% juice (apple, orange), fresh fruit selection including apples, bananas and oranges

> Debbie Lear General Manager ma1037 @metzcorp.com 814-542-2518 #126



USDA is an equal opportunity provider and employer.

ALL STUDENT BREAKFASTS ARE FREE. Adult Breakfast \$3.00