

Mount Union Elementary- October 2024

Monday	Tuesday	Wednesday	Thursday	Friday
9/30/24	10/1/24	10/2/24	10/3/24	10/4/24
	Breakfast Pizza or Assorted Cereals or Cereal Bar with crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Pancakes or Assorted Cereals or Cereal Bar with mini loaf Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Breakfast Sandwich or Assorted Cereals or Cereal Bar with crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Dutch Waffle or Assorted Cereals or Cereal Bar with mini loaf Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk
10/7/24	10/8/24	10/9/24	10/10/24	10/11/24
Pancake on a stick or Assorted Cereals or Cereal Bar with mini loaf Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Breakfast Pizza or Assorted Cereals or Cereal Bar with crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Blueberry Muffin or Assorted Cereals or Cereal Bar with mini loaf Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	French Toast Sticks & sausages links with Syrup Assorted Cereals or Cereal Bar with crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Cherry Strudel or Assorted Cereals or Cereal Bar with mini loaf Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk
10/14/24	10/15/24	10/16/24	10/17/24	10/18/24
NO SCHOOL 	Breakfast Pizza or Assorted Cereals or Cereal Bar with crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Chocolate Donut or Assorted Cereals or Cereal Bar with mini loaf Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Apple Strudel or Assorted Cereals or Cereal Bar with crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Dutch Waffle or Assorted Cereals or Cereal Bar with mini loaf Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk
10/21/24	10/22/24	10/23/24	10/24/24	10/25/24
Strawberry Mini Bagel or Assorted Cereals or Cereal Bar with mini loaf Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Breakfast Pizza or Assorted Cereals or Cereal Bar with crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Egg, Cheese & Sausage on WW english muffin or Assorted Cereals or Cereal Bar with mini loaf Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	French Toast Sticks & sausages links with Syrup or Assorted Cereals or Cereal Bar with crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Dutch Waffle or Assorted Cereals or Cereal Bar with mini loaf Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk
10/28/24	10/29/24	10/30/24	10/31/24	11/1/24
Sliced Banana Bread or Assorted Cereals or Cereal Bar with mini loaf Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Breakfast Pizza or Assorted Cereals or Cereal Bar with crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Breakfast Burrito or Assorted Cereals or Cereal Bar with mini loaf Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Cinni Mini Rolls or Assorted Cereals or Cereal Bar with crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit 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

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ALL STUDENT BREAKFASTS ARE FREE. Adult Breakfast \$3.00

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