

Mount Union JR/SR High- October 2024

Monday	Tuesday	Wednesday	Thursday	Friday	What is a Meal?
10/28/24	10/29/24	10/30/24	10/31/24	11/1/24	You must choose at least 3 of the
				Cherry Strudel	4 components available for the
				or	school breakfast price.
PEL	JA AN			Assorted Cereals or Cereal Bar	Choice of: Grain or grain/protein
The second				with mini loaf	Choice of fruit or vegetable
				WILLI IIIIII IOAI	(must take at least a 1/2 cup)
				Accorded 100% Emuit Inice	and Choice of Milk
St Land				Assorted 100% Fruit Juice	Choice of Milk - 1% white or
	A DEC			& Assorted Fresh	fat-free chocolate
account			**	or Canned Fruit	
11/4/24	11/5/24	11/6/24	11/7/24	Choice of Milk 11/8/24	You must take at least 1/2 cup of
				11/0/24	fruit or vegetable
Chocolate Donuts	Sausage, egg & cheese on a	Apple Strudel	Ham, egg, & cheese on a	MM more than the	
Or	whole grain croissant	Or	wheat english muffin		
Assorted Cereals or Cereal Bar	or	Assorted Cereals or Cereal Bar	Or	* * * * *	Whole Grain Cereal
with mini loaf	Assorted Cereals or Cereal Bar	with mini loaf	Assorted Cereals or Cereal Bar	VETERANC DAV	Selection May Include:
	with mini loaf		with mini loaf	VETERANS DAY	Cinnamon Toast Crunch
Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	HONORING ALL HIRD MIDTD	Trix
& Assorted Fresh	& Assorted Fresh	& Assorted Fresh	& Assorted Fresh	Y 1	Cocoa Puffs
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	11/15/04	Rice Crunch Kix
11/11/24	11/12/24	11/13/24	11/14/24	11/15/24	Cheerios
	Sausage, egg & cheese	Dutch Waffle	Ham, egg & cheese	Blueberry Muffin	Fruit Loops
THANK YOU	on a whole grain bagel	or	on a maple flatbread		Frosted Flakes
VETERANS	or	Assorted Cereals or Cereal Bar	or	or	Served with Toast
	Assorted Cereals or Cereal Bar	with crackers	Assorted Cereals or Cereal Bar	Assorted Cereals or Cereal Bar	Served with Todsi
	with crackers		with crackers	with crackers	
HONORING ALL WHO SERVED • HTH NOVEMBER • VETERANS DAY	Assorted 100% Fruit Juice	Fruit May Include:			
State 10	& Assorted Fresh	& Assorted Fresh	& Assorted Fresh	& Assorted Fresh	Canned peaches, applesauce,
CARA MARCA	or Canned Fruit	or Canned Fruit	or Canned Fruit	or Canned Fruit	pears, pineapple, fruit cocktail, mandarin oranges, 100% juice ,
	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	fresh fruit selection including ,
11/18/24	11/19/24	11/20/24	11/21/24	11/22/24	bananas and oranges
Blueberry Donut Holes	Sausage, egg & cheese	Pancakes & Sausage links	Sausage, egg, & cheese on a	Apple Strudel	
	on a whole grain Croissant	or	wheat english muffin	or	
or		Assorted Cereals or Cereal Bar	or	Assorted Cereals or Cereal Bar	
Assorted Cereals or Cereal Bar	Assorted Cereals or Cereal Bar	with crackers	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	
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	
11/25/24	11/26/24	11/27/24	11/28/24	11/29/24	
Powdered Donuts	Sausage, egg & cheese	Yogurt Parfait			
or	on a whole grain bagel	or a Pancake on a Stick			
Assorted Cereals or Cereal Bar	or	or		IN JANK	
with crackers	Assorted Cereals or Cereal Bar	Assorted Cereals or Cereal Bar			
	with crackers	with crackers	T AL		
Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice		JAIVIN	
& Assorted Fresh	& Assorted Fresh	& Assorted Fresh			Z K
or Canned Fruit	or Canned Fruit	or Canned Fruit			USDA is an equal opportunity
Choice of Milk	Choice of Milk	Choice of Milk	A Date Arac		provider and employer.

