

# Mount Union JR/SR High- October 2024

Monday	Tuesday	Wednesday	Thursday	Friday
10/28/24	10/29/24	10/30/24	10/31/24	11/1/24
				Cherry Strudel or Assorted Cereals or Cereal Bar with mini loaf  Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk
11/4/24	11/5/24	11/6/24	11/7/24	11/8/24
Chocolate Donuts or Assorted Cereals or Cereal Bar with mini loaf  Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Sausage, egg & cheese on a whole grain croissant 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 mini loaf Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Ham, egg, & cheese on a wheat english muffin or Assorted Cereals or Cereal Bar with mini loaf Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	
11/11/24	11/12/24	11/13/24	11/14/24	11/15/24
	Sausage, egg & cheese on a whole grain bagel 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 crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Ham, egg & cheese on a maple flatbread 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 crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk
11/18/24	11/19/24	11/20/24	11/21/24	11/22/24
Blueberry Donut Holes  or Assorted Cereals or Cereal Bar with crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Sausage, egg & cheese on a whole grain Croissant or Assorted Cereals or Cereal Bar with crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Pancakes & Sausage links or Assorted Cereals or Cereal Bar with crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Sausage, egg, & cheese on a wheat english muffin or Assorted Cereals or Cereal Bar with crackers 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
11/25/24	11/26/24	11/27/24	11/28/24	11/29/24
Powdered Donuts or Assorted Cereals or Cereal Bar with crackers  Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Sausage, egg & cheese on a whole grain bagel or Assorted Cereals or Cereal Bar with crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Yogurt Parfait or a Pancake on a Stick 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**  
**Choice of Milk - 1% white or 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, fresh fruit selection including, bananas and oranges

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