

# Mount Union Elementary- November 2024

Monday	Tuesday	Wednesday	Thursday	Friday
10/28/24	10/29/24	10/30/24	10/31/24	11/1/24
				Chocolate Donut or Assorted Cereals or Cereal Bar with crackers  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
Apple Strudel or Assorted Cereals or Cereal Bar with crackers  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	Pancakes or Assorted Cereals or Cereal Bar with crackers  Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Breakfast Sandwich on WG Croissant or Assorted Cereals or Cereal Bar with crackers  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
 <b>HONOR VETERANS DAY</b>	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 crackers  Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	French Toast Sticks & sausage links with Syrup or 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 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
Mini Blueberry Pancakes or Assorted Cereals or Cereal Bar with crackers  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	Chocolate Donut 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	Dutch Waffle 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
Strawberry Mini Bagel or Assorted Cereals or Cereal Bar with crackers  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 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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