

## Mount Union JR/SR High- December 2024

	Tuesday	Wednesday	Thursday	Friday	What is a Meal? You must choose at least 3 of th
		12/4/24	12/5/24	12/6/24	4 components available for the school breakfast price. Choice of: Grain or grain/protei Choice of fruit or vegetable (must take at least a 1/2 cup)
		Apple Strudel	Ham, egg, & cheese on a	Breakfast Burrito	
		or	wheat english muffin	or	
		Assorted Cereals or Cereal Bar	or	Assorted Cereals or Cereal Bar	
		with mini loaf	Assorted Cereals or Cereal Bar	with mini loaf	
			with mini loaf		and
		Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Choice of Milk
		& Assorted Fresh	& Assorted Fresh	& Assorted Fresh	Choice of Milk - 1% white or fat-free chocolate
		or Canned Fruit	or Canned Fruit	or Canned Fruit	
		Choice of Milk	Choice of Milk	Choice of Milk	You must take at least 1/2 cup
12/9/24	12/10/24	12/11/24	12/12/24	12/13/24	fruit or vegetable
French Toast Sticks with Syrup	Sausage, egg & cheese	Dutch Waffle	Ham, egg & cheese	Blueberry Muffin	
or	on a whole grain bagel	or	on a maple flatbread	or	
Assorted Cereals or Cereal Bar	or	Assorted Cereals or Cereal Bar	or	Assorted Cereals or Cereal Bar	Whole Grain Cereal
with crackers	Assorted Cereals or Cereal Bar	with crackers	Assorted Cereals or Cereal Bar	with crackers	Selection May Include:
	with crackers		with crackers		Cinnamon Toast Crunch
Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Trix
& Assorted Fresh	& Assorted Fresh	& Assorted Fresh	& Assorted Fresh	& Assorted Fresh	Cocoa Puffs
or Canned Fruit	or Canned Fruit	or Canned Fruit	or Canned Fruit	or Canned Fruit	Fruity Cheerios Rice Crunch
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	Kix
12/16/24	12/17/24	12/18/24	12/19/24	12/20/24	Cheerios
Blueberry Donut Holes	Sausage, egg & cheese on a	Pancakes & Sausage links	Sausage, egg, & cheese on a	Apple Strudel	Fruit Loops
or Assorted Cereals or Cereal Bar	whole grain croissant	or Assorted Cereals or Cereal Bar	wheat english muffin	or Assorted Cereals or Cereal Bar	Frosted Flakes
	or Assorted Cereals or Cereal Bar		or Assorted Cereals or Cereal Bar		Served with Toast
with crackers		with crackers		with crackers	
Assessed 4000/ Emilt Inits	with crackers	Assessed 4000/ Emilt Inits	with crackers	Assessed 4000/ Emilt Inits	Fruit May Include:
Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Canned peaches, applesauce
& Assorted Fresh	& Assorted Fresh	& Assorted Fresh	& Assorted Fresh	& Assorted Fresh	pears, pineapple, fruit cocktai mandarin oranges, 100% juice fresh fruit selection including ,
or Canned Fruit	or Canned Fruit	or Canned Fruit	or Canned Fruit	or Canned Fruit	
Choice of Milk 12/23/24	Choice of Milk 12/24/24	Choice of Milk 12/25/24	Choice of Milk 12/26/24	Choice of Milk	
	*	12,20,21			bananas and oranges
	+		7	* *	
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10/20/04	10/21/04	1/1/05	1 /0 /05	1/2/25	
12/30/24	12/31/24	1/1/25	1/2/25	1/3/25	
No School	No School		Ham, egg & cheese	Donuts	Mernus
		100000000000000000000000000000000000000	on a maple flatbread	or	and the second s
			or Assessed Osmala as Osmal Day	Assorted Cereals or Cereal Bar	Christmas
			Assorted Cereals or Cereal Bar	with crackers	crackers
			with crackers		
			with crackers Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	
			with crackers Assorted 100% Fruit Juice & Assorted Fresh	& Assorted Fresh	
			with crackers Assorted 100% Fruit Juice		USDA is an equal opportunity provider and employer.