

Mount Union JR/SR High- December 2024

	Tuesday	Wednesday	Thursday	Friday
		12/4/24	12/5/24	12/6/24
		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	Breakfast Burrito or Assorted Cereals or Cereal Bar with mini loaf Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk
12/9/24	12/10/24	12/11/24	12/12/24	12/13/24
French Toast Sticks with Syrup 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	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
12/16/24	12/17/24	12/18/24	12/19/24	12/20/24
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
12/23/24	12/24/24	12/25/24	12/26/24	12/27/24
12/30/24	12/31/24	1/1/25	1/2/25	1/3/25
No School	No School		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	Donuts 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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