



Mount Union JR/SR High-January 2025

	Tuesday	Wednesday	Thursday	Friday
		1/1/25	1/2/25	1/3/25
			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
1/6/25	1/7/25		1/8/25	1/9/25
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
1/13/25	1/14/25	1/15/25	1/16/25	1/17/25
Blueberry Donut Holes or Assorted Cereals or Cereal Bar with crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Bacon, 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
1/20/25	1/21/25	1/22/25	1/23/25	1/24/25
No School	Ham, 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	Pancake on a Stick 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 Croissant 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
1/27/25	1/28/25	1/29/25	1/30/25	1/31/25
French Toast Sticks with 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	Cherry Strudel or Assorted Cereals or Cereal Bar with crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Bacon, 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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