

## Mount Union JR/SR High-January 2025

					What is a Meal?
	Tuesday	Wednesday	Thursday	Friday	You must choose at least 3 of the 4 components available for the school breakfast price.
		1/1/25	1/2/25	1/3/25	
			Ham, egg, & cheese on a	Breakfast Burrito	
			wheat english muffin	or	Chains of Crain or arain (protain
		A 6 10109	or	Assorted Cereals or Cereal Bar	Choice of: Grain or grain/protein Choice of fruit or vegetable (must take at least a 1/2 cup)
		Maar	Assorted Cereals or Cereal Bar	with mini loaf	
		a New	with mini loaf		and
		a New	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Choice of Milk Choice of Milk - 1% white or
			& Assorted Fresh	& Assorted Fresh	fat-free chocolate
			or Canned Fruit	or Canned Fruit	
1///05	1/7/05	2/0/05	Choice of Milk	Choice of Milk	You must take at least 1/2 cup of
1/6/25	1/7/25	1/8/25	1/9/25	1/10/25	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	Trix				
& Assorted Fresh	Cocoa Puffs				
or Canned Fruit	Fruity Cheerios Rice Crunch				
Choice of Milk	Kix				
1/13/25	1/14/25	1/15/25	1/16/25	1/17/25	Cheerios
Blueberry Donut Holes	Bacon, 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	
Assastad 4000/ Emilt Inits	with crackers	Assessed 4000/ Emit Inits	with crackers	Assessed 4000/ Emit Inits	Fruit May Include:
Assorted 100% Fruit Juice	Canned peaches, applesauce, pears, pineapple, fruit cocktail, mandarin oranges, 100% juice, fresh fruit selection including,				
& Assorted Fresh					
or Canned Fruit					
Choice of Milk 1/20/25	Choice of Milk 1/21/25	Choice of Milk 1/22/25	Choice of Milk 1/23/25	Choice of Milk 1/24/25	
1/20/25	Ham, egg & cheese on a	Pancake	Sausage, egg & cheese	Apple Strudel	bananas and oranges
No School	whole grain bagel	on a Stick	on a Croissant		
	Or	or	or	or	
	Assorted Cereals or Cereal Bar	Debbie Lear			
	with crackers	with crackers	with crackers	with crackers	General Manager
	Assorted 100% Fruit Juice	ma1037 @metzcorp.com			
	& Assorted Fresh	& Assorted Fresh	& Assorted Fresh	& Assorted Fresh	814-542-2518 #126
	or Canned Fruit	or Canned Fruit	or Canned Fruit	or Canned Fruit	
	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	
1/27/25	1/28/25	1/29/25	1/30/25	1/31/25	
French Toast Sticks	Sausage, egg & cheese on a	Cherry Strudel	Bacon, egg & cheese	Donuts	
with Sausage Links	wheat English Muffin	,	on a maple flatbread	or	
or	or	or	or	Assorted Cereals or Cereal Bar	
Assorted Cereals or Cereal Bar	with crackers				
with crackers	with crackers	with crackers	with crackers		THE PART
Assorted 100% Fruit Juice					
& Assorted Fresh	and the				
or Canned Fruit	USDA is an equal opportunity				
Choice of Milk	provider and employer.				