



BREAKFAST AND LUNCH IS FREE TO ALL ENROLLED STUDENTS!

ADULT BREAKFAST \$3.00

ADULT LUNCH \$4.50

A LA CARTE MILK \$0.35


ALL MEALS INCLUDE A CHOICE OF 1% WHITE OR FAT FREE CHOCOLATE MILK

\*BREAKFAST INCLUDES A CHOICE OF FRESH FRUIT, CANNED FRUIT &/OR JUICE DAILY.

\*LUNCH INCLUDES FRESH FRUIT &/OR CANNED FRUIT, FRESH SALAD &/OR FRESH VEGETABLES DAILY. ALL 5 MYPLATE CATEGORIES ARE REPRESENTED AT EACH MEAL SERVICE.

\*MENU IS SUBJECT TO CHANGE\*

# NOVEMBER MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 WG CEREAL CHOICE CORNDOG	2 MUFFIN & SMOOTHIE BEAN & CHEESE QUESADILLA	3 FRUIT & YOGURT PARFAIT POPCORN CHICKEN	4 OATMEAL HAMBURGER & POTATO WEDGES	5 FRENCH TOAST W/ SYRUP PIZZA
8 WG CEREAL CHOICE TUNA MELT	9 WG BAGEL W/ CREAM CHEESE CHICKEN TACO	10 DONUT & SMOOTHIE BBQ PULLED PORK MAC & CHEESE	11 VETERANS DAY	12 NO SCHOOL
15 WG CEREAL CHOICE PIZZA	16 PANCAKE SAUSAGE ON A STICK BEEF TACO	17 CINNAMON ROLL VEGETABLE SOUP & GRILLED CHEESE SANDWICH	18 OATMEAL CHICKEN & WAFFLES W/ SYRUP	19 WG CEREAL CHOICE THANKSGIVING FEAST
22 THANKSGIVING BREAK	23 THANKSGIVING BREAK	24 THANKSGIVING BREAK	25 THANKSGIVING BREAK	26 THANKSGIVING BREAK
29 WG CEREAL CHOICE FISH & CHIPS	30 MUFFIN & YOGURT CUP NACHO BAR		STUDENTS MUST CHOOSE 3 OF THE 4 ITEMS OFFERED FOR BREAKFAST, 1/2 CUP OF FRUIT OR VEGETABLE MUST BE TAKEN.	STUDENTS CHOOSE 3 OF 5 COMPONENTS FOR LUNCH. STUDENTS MUST TAKE A MINIMUM OF 1/2 CUP FRUIT OR VEGETABLES: MORE IS ALLOWED & BOTH ARE ALLOWED.

\*Mountain Union Elementary School District is an equal opportunity provider and employer. For a full nondiscrimination statement, please visit our school website