



FREE BREAKFAST & LUNCH IS OFFERED TO ALL ENROLLED STUDENTS

ADULT BREAKFAST \$2.00

ADULT LUNCH \$3.25

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

SEPTEMBER MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>STUDENTS MUST CHOOSE 3 OF THE 4 ITEMS OFFERED FOR BREAKFAST, 1/2 CUP OF FRUIT OR VEGETABLE MUST BE TAKEN.</p>	<p>1</p> <p>MUFFIN & YOGURT CUP</p> <hr/> <p>PENNE IN MEAT SAUCE</p>	<p>2</p> <p>WG CEREAL CHOICE</p> <hr/> <p>BBQ GRILLED CHICKEN BURGER</p>	<p>3</p> <p>WAFFLES TOPPED W/ STRAWBERRIES & WHIPPED TOPPING</p> <hr/> <p>PIZZA</p>
<p>6</p> <p>LABOR DAY</p>	<p>7</p> <p>WG CEREAL CHOICE</p> <hr/> <p>BEEF & CHEESE NACHOS</p>	<p>8</p> <p>FRUIT & YOGURT PARFAIT</p> <hr/> <p>MAC & CHEESE AND CHICKEN NUGGETS</p>	<p>9</p> <p>OATMEAL</p> <hr/> <p>HAMBURGER & FRENCH FRIES</p>	<p>10</p> <p>PANCAKE SAUSAGE ON A STICK W/ SYRUP</p> <hr/> <p>PIZZA</p>
<p>13</p> <p>WG CEREAL CHOICE</p> <hr/> <p>CORNDOG & POTATO WEDGES</p>	<p>14</p> <p>MUFFIN & SMOOTHIE</p> <hr/> <p>CARNITAS TACO (PORK)</p>	<p>15</p> <p>WGI CINNAMON ROLL</p> <hr/> <p>CHICKEN CAESAR SALAD</p>	<p>16</p> <p>WG CEREAL CHOICE</p> <hr/> <p>FISH BURGER</p>	<p>17</p> <p>PANCAKES TOPPED W/ BLUEBERRIES & WHIPPED TOPPING</p> <hr/> <p>ORANGE CHICKEN OVER RICE & STEAMED BROCCOLI</p>
<p>20</p> <p>WG CEREAL CHOICE</p> <hr/> <p>HOTDOG & TATER TOTS</p>	<p>21</p> <p>CINNAMON APPLE EMPANADA</p> <hr/> <p>BEEF TACO</p>	<p>22</p> <p>WGI DONUT & SMOOTHIE</p> <hr/> <p>HOT PASTRAMI SANDWICH</p>	<p>23</p> <p>OATMEAL</p> <hr/> <p>POPCORN CHICKEN BOWL</p>	<p>24</p> <p>FRENCH TOAST W/ SYRUP</p> <hr/> <p>PIZZA</p>
<p>27</p> <p>WG CEREAL CHOICE</p> <hr/> <p>FISH & FRENCH FRIES</p>	<p>28</p> <p>PANCAKE SAUSAGE ON A STICK W/ SYRUP</p> <hr/> <p>CHICKEN TACO</p>	<p>29</p> <p>FRUIT & YOGURT PARFAIT</p> <hr/> <p>BBQ PULLED PORK SANDWICH</p>	<p>30</p> <p>WG CEREAL CHOICE</p> <hr/> <p>CHICKEN & WAFFLES W/ SYRUP</p>	<p>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.</p>

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