



JANUARY MENU

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 WINTER BREAK	3 WINTER BREAK	4 WINTER BREAK	5 WINTER BREAK	6 WINTER BREAK
9 NO SCHOOL	10 BAGEL WITH CREAM CHEESE TAMALE PIE	11 CINNAMON ROLL AND SMOOTHIE BEEF STROGANOFF	12 CEREAL CHOICE ORANGE CHICKEN, NOODLES, AND STEAM VEGGIES	13 FRENCH TOAST WITH SYRUP PEPPERONI & CHEESE PIZZA
16 MARTIN LUTHER KING JR. DAY	17 MUFFIN WITH YOGURT CHOICE NACHOS WITH TOPPING BAR	18 PARFAIT CHOICE BEEF FUSION BOWL WITH TOPPING BAR	19 CEREAL CHOICE POPCORN CHICKEN BOWL	20 PANCAKES TOPPED WITH BERRIES AND WHIPPED CREAM BEEF SPAGHETTI WITH GREEN SALAD
23 CEREAL CHOICE BRUNCH FOR LUNCH	24 BAGEL WITH CREAM CHEESE MEAT & CHESE BURRITOS WITH SPANISH RICE	25 DONUT WITH SMOOTHIE GRILLED CHEESE SANDWICH WITH SOUP	26 CEREAL CHOICE SLOPPY JOES WITH FRENCH FRIES	27 BREAKFAST SANDWICH PIZZA
30 CEREAL CHOICE TUNA SANDWICH	31 BREAKFAST BUFFITO CHICKEN TACO		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