



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
3 WINTER BREAK	4 WINTER BREAK	5 WINTER BREAK	6 WINTER BREAK	7 WINTER BREAK
10 WG CEREAL CORNDOG & POTATO WEDGES	11 CINNAMON APPLE OATMEAL CHICKEN TACO	12 WG DONUT & YOGURT BBQ PULLED PORK SANDWICH	13 WG CEREAL CHILI & CORNBREAD	14 PANCAKES W/ SYRUP PIZZA
17 MARTIN LUTHER KING JR. DAY	18 WG CEREAL FISH STICKS W/ RICE PILAF	19 MUFFIN & SMOOTHIE GRILLED CHEESE SANDWICH & VEGETABLE SOUP	20 WG CEREAL SPAGHETTI IN MEAT SAUCE	21 PANCAKES SAUSAGE ON A STICK W/ SYRUP PIZZA
24 WG CEREAL HOTDOG & TATER TOTS	25 MUFFIN & YOGURT BEAN & CHEESE NACHOS	26 FRENCH TOAST STICKS W/SYRUP HAMBURGER & POTATO WEDGES	27 WG CEREAL ORANGE CHICKEN OVER BROWN RICE	28 WAFFLES TOPPED W/ BLUEBERRIES & WHIPPED CREAM PIZZA
31 WG CEREAL CHICKEN TENDERS W/ MACCARONI AND CHEESE			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