



FREE BREAKFAST & LUNCH IS OFFERED TO ALL ENROLLED STUDENTS

ADULT BREAKFAST \$2.50

ADULT LUNCH \$3.75

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 WITHOUT NOTICE

OCTOBER 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>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>		<p>1 WG FRENCH TOAST W/ SYRUP</p> <hr/> <p>WGI PIZZA</p>
<p>4 WG CEREAL CHOICE</p> <hr/> <p>CORNDOG</p>	<p>5 WGI MUFFIN & SMOOTHIE</p> <hr/> <p>BEAN & CHEESE QUESADILLA</p>	<p>6 FRUIT & YOGURT PARFAIT</p> <hr/> <p>HAMBURGER & FRENCH FRIES</p>	<p>7 HOT OATMEAL</p> <hr/> <p>POPCORN CHICKEN BOWL</p>	<p>8 WGI WAFFLES TOPPED WITH STRAWBERRIES & WHIPPED CREAM</p> <hr/> <p>WGI PIZZA</p>
<p>11 WG CEREAL CHOICE</p> <hr/> <p>FISH & FRENCH FRIES</p>	<p>12 HOT OATMEAL</p> <hr/> <p>BEEF & CHEESE NACHOS</p>	<p>13 WGI CINNAMON ROLL</p> <hr/> <p>POTATO SOUP, SALAD AND BREADSTICK</p>	<p>14 WG CEREAL CHOICE</p> <hr/> <p>SPAGHETTI IN MEAT SAUCE</p>	<p>15 PANCAKE SAUSAGE ON A STICK</p> <hr/> <p>ORANGE CHICKEN OVER RICE & STEAMED VEGGIES</p>
<p>18 WG CEREAL CHOICE</p> <hr/> <p>HOTDOG & TATER TOTS</p>	<p>19 WGI MUFFIN & YOGURT CUP</p> <hr/> <p>CHICKEN TACO</p>	<p>20 HOT OATMEAL</p> <hr/> <p>BBQ PULLED PORK SANDWICH</p>	<p>21 WGI DONUT & SMOOTHIE</p> <hr/> <p>CHILI & CORNBREAD</p>	<p>22 WGI PANCAKES TOPEED WITH BLUEBERRIES & WHIPPED CREAM</p> <hr/> <p>WGI PIZZA</p>
<p>25 WG CEREAL CHOICE</p> <hr/> <p>WG GRILLED CHEESE SANDWICH & VEGGIE SOUP</p>	<p>26 CINNAMON APPLE EMPANADA</p> <hr/> <p>BEEF TACO</p>	<p>27 FRUIT & YOGURT PARFAIT</p> <hr/> <p>CHICKEN & WGI WAFFLES W/ SYRUP</p>	<p>28 WG CEREAL CHOICE</p> <hr/> <p>TURKEY & GRAVY OVER MASHED POTATOES</p>	<p>29 WG FRENCH TOAST W/ SYRUP</p> <hr/> <p>WGI PIZZA</p>

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